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Advertiser News

"Your Hometown Newspaper"

Volume XXIII Number 32

August 10, 2000

Gary Winn Of F. H. Named Cemetery Manager

Commissioner Thomas G. Kelley of the Massachusetts Department of Veterans' Services is pleased to announce the appointment of Gary Winn of Feeding Hills as Cemetery Manager for the new Veterans' Memorial Cemetery located at 1390 Main Street in Agawam.

Winn's selection as manager came after a lengthy selection process. Winn was selected after weeks of interviews, and was chosen from a large pool of qualified candidates, who also went through the extensive process of screening, interviewing, and background checks under the supervision of Robert McKean, Director of the Massachusetts Veterans' Memorial Cemeteries.

Winn is a Vietnam-era veteran and a graduate of the University of Massachusetts Amherst. He and his wife, Evelyn, and their son are long-time residents of Agawam.

"Mr. Winn's attitude and enthusiasm working on behalf of the veterans of Massachusetts and their families, as well as his willingness to fully devote himself to the successful completion and operation of the veterans' cemetery, made him not just a good candidate but an outstanding candidate for the position of cemetery manager," said McKean.

Winn stated, "I am honored to serve the veterans and their families of Massachusetts and look forward to building a successful team of employees who will work every day to pay honor and respect to the men and women who served our country."

As cemetery manager, Winn will be responsible for the day-to-day operation of the cemetery and will report to Director McKean. The cemetery manager will be the supervisor for the other new cemetery posi-

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Some "Newer" Kids On The Block...



MEMBERS OF MELODIUS CULTURE, one of the bands that performed at the First Annual Monster Jam - Battle of the Bands held July 29th at Harmon Smith Field, pictured above are: front row - Nate Meade, John Sloan, and John Guriella; back row - Matt Perry, Chris Trevethan, and Eric Serna. Advertiser News photo by Dave Rollins.

Councilors Dig In Their Heels At A 5-To-5 Impasse...

Council Deadlocked Over Filling Servis' Vacant Seat

by Kathy Cassanelli
News Editor

The Town Council will remain one man short at least until the next meeting on September 5th and possibly even longer.

On Monday night, the council deadlocked in a five to five impasse over the election of a candidate to fill the seat left vacant by the sudden death of Councilor Kent Servis on July 27th.

Former Town Councilors Donald Rheault and John Negrucci watched from the audience as their names were placed in nomination and the balloting began. Hours later, after a series of recesses and discussions, the ballot remained the same with five councilors voting for each candidate.

Supporting Negrucci were Councilors Dennis Perry, Joseph Mineo, Anthony Bonavita, George Bitzas, and Jill Simpson.

Voting for Rheault were Council President Robert Magovern, Council Vice-President Robert Young, and Councilors Richard Morassi, Robert Rossi, and Gina Letellier.

Unless one of the 10 councilors changes their mind over the next few weeks or one of the nominees withdraws their name from consideration, the council could find itself locked into a series of fruitless votes because there is no provision in the Town Charter for

breaking a tie in the election of a "suitable" replacement candidate.

During the portion of the meeting set aside for Citizens' Speak Time, Negrucci reminded the councilors that he had come in 12th in the last Town Council election in November 1999, losing out to Servis by a mere four votes.

"I received nearly 3,600 votes, only to miss by four votes. I believe the people have spoke. Please put yourself in my position for the past week and see how you would vote then," Negrucci said.

Also speaking on Negrucci's behalf were Richard Pryce of Agawam and Margaret Servis, Kent's wife.

"Kent was an honest man and would do what is morally right. With that in mind, I'm asking you to give your vote to John Negrucci," Mrs. Servis said.

After placing Negrucci's name in nomination, Bonavita urged his colleagues to validate the people's choice in the election by voting for Negrucci, someone who has "proven himself on the council" and has been "an honest and dedicated public servant."

Bonavita crystallized his position, noting, "I made my decision based on this: John Negrucci is a good and decent man; Donald Rheault ran for mayor; John

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GARY WINN

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tions that are currently available. They are: (1) maintenance working foreman, (3) groundskeepers, (1) administrative secretary, and (3) part-time grounds crew support. The part-time grounds crew support positions are contract positions and only available for 26 weeks per year. Qualified individuals are encouraged to apply for these positions by sending a letter of intent along with their resume and military discharge papers to Robert McKean, Director, c/o Department of Veterans' Services, 239 Causeway St., Suite 100, Boston, MA 02114.

Director McKean stated that completion of the construction of the veterans' cemetery should be mid-November 2000 (without any unforeseen delays) with an opening for burials either in late December 2000 or early January 2001 once the staff has been hired and

trained. A formal dedication ceremony is planned, with an anticipated date in early May 2001, prior to Memorial Day.

Director McKean further stated that the Department of Veterans' Services is most appreciative for the continued support of everyone who has helped to make the cemetery a reality. From the support of the federal government, including Congressman Richard Neal; the Veterans' Administration; and William Jayne, Director of the State Cemetery Grants Service who is funding 100 percent of the construction costs.

Acknowledgement also goes to the former Mayor of Agawam, Christopher Johnson, and to current Mayor Richard Cohen, as well as the entire veterans community, Agawam's former Veterans' Agent Ruth Bitzas, current Veterans' Agent Edward Kellogg and all their colleagues, as well as the citizens of Agawam

and the surrounding communities who have accepted the veterans' cemetery with open arms.

We are especially grateful to Edward Squazza who graciously and generously donated his land to make this all possible. One of the main roads in the cemetery has been named "Edward Squazza Lane" in honor of this fine gentleman. Every funeral cortege that arrives at the cemetery for services will travel on this road named in his honor.

The Department of Veterans' Services - Cemetery Division is looking forward to serving the individuals who are the "true heroes" and "real patriots" of our nation, and their families. The Massachusetts Veterans' Cemetery is "hallowed ground" and will be there as the final resting-place for the men and women of Massachusetts who served our nation, and for their eligible family members, for eternity.

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Negrucchi ran for council and lost by four votes. There are not a lot of complicated issues here."

But, half of the council members saw the issue through a different lens.

Morassi said the councilors are charged by the charter with electing the "most suitable" person to fill a council vacancy. Although he respected Negrucchi, he was voting for Rheault "by virtue of his experience and knowledge" as a 16-year council member and former council president.

"I understand the issue of the 12th man, but the charter says we must make the decision and choose the most suitable person," Morassi said.

More than one councilor pointed to Negrucchi's original appointment to the council in a similar situation to fill a vacancy created by the death of Councilor Thomas Ennis, Sr., even though Anthony Saracino was 12th in line and lost by a few votes. The standard was set when Negrucchi accepted the appointment, according to Rossi.

For Ms. Letellier, who grew up admiring both men, the choice was not an easy one.

"The easy choice would be to say (it should be) the person who came in 12th, but the charter doesn't say that," Ms. Letellier said. "It's not fair to say the voters chose. These candidates did not run head-to-head for the same office."

Rheault supporters cited his 16 years of service to the community, his expertise in parliamentary procedure, and his stabilizing influence on the previous council as factors making him the "most suitable" choice for the council seat.

On Negrucchi's side, councilors cited his loss by only four votes, their conviction that Servis would have wanted Negrucchi to take the seat, and the fact that Rheault decided to run for mayor rather than for the council last fall among their reasons for supporting the former councilor.

Bitzas said going with the 12th person in the election should not be automatic, but in this case it is the "common sense, logical, and fair" way to take politics out of the process in order to avoid hard feelings and polarizing the council. "I remind the councilors that the old-time politics are gone," Bitzas said.

Echoing the sentiments expressed by many of his fellow councilors on both sides of the issue, Perry said everyone agreed that both men met the dictates of the charter as suitable candidates. But, the one thing sticking out in his mind was that Rheault had chosen to run for mayor and not for council in the last election, Perry said.

"I feel that Kent would have wanted John to have the position because of the respect John showed to him by not calling for a recount," Perry said.

Perry noted that "it took a lot of guts" for Mrs. Servis

to address the council in support of what she knew her husband would have wanted.

"I think we should listen to the voters," Mineo said. "Kent was my best friend. He was a very fair and understanding person, and I know he would have wanted John to be the next councilor."

After hearing Council Clerk Ursula Retzler call the roll 29 times with identical results, the council voted unanimously to table the election until their first meeting in September. Some councilors expressed the hope that each councilor will review their own thought process in arriving at their original decision and come to another conclusion. Others believed that tabling the election would only intensify behind-the-scenes politicking to no useful purpose. In the end, all agreed that more balloting was unlikely to end the stalemate as the hour grew increasing late on a hot summer's evening.

After the fifth ballot, Magovern said, "I'm glad to see everyone is so single-minded in their support (of the candidates)." By the time the 29th ballot rolled around and the election was tabled, Magovern hoped the councilors would use the intervening weeks to get in touch with their constituents in an effort to better represent the wishes of the townspeople who elected them to office.

"Possibly, if we sit back, someone can give us some advice," Magovern said.

SCOTT M. HIBBERT

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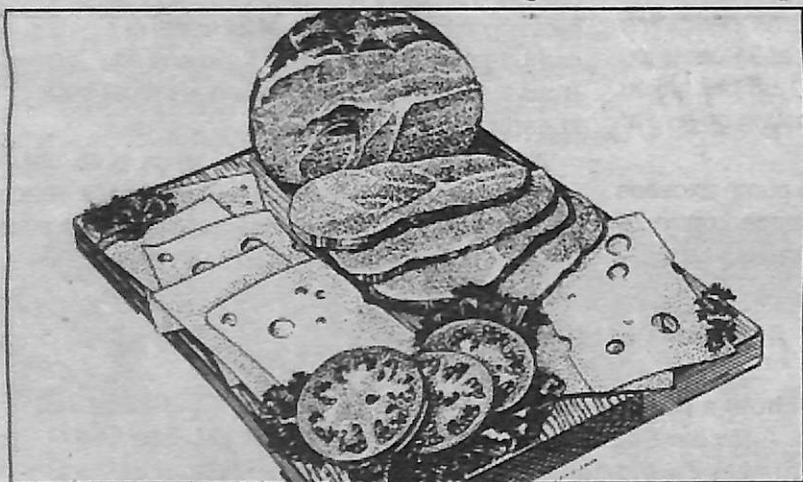
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Veterans' Corner...

Burial Flags

by Edward Kellogg, Veterans' Agent
786-0400, Ext. 236 or 237

In case you didn't notice, I like to talk about flags. Well, today is no exception. Today, I want to talk about burial flags. The VA provides an American flag to drape the casket of a deceased individual who:

1. Served in any war.
2. Died while in the active military, naval, or air service after May 27, 1941.
3. Served after Jan. 31, 1955.
4. Died while a member of the Selected Reserve.
5. Served at least one enlistment or had been discharged or released from active service for a disability incurred or aggravated in the line of duty.
6. Was enlisted to a retired pay for service as a Reservist at the time of death, or would have been entitled to retirement pay, but for the fact that the individual was under 60 years of age.
7. Was a member or former member of the Selected Reserve who completed at least one enlistment or period of initial obligated service as a member of the Selected Reserve, or was discharged before completion of the initial period for a disability incurred or aggravated in the line of duty.

Veterans separated from the service must have been discharged or released under conditions other than dishonorable. After the funeral service, the flag may be given to the next of kin, close friend, or asso-



VETERANS' AGENT EDWARD KELLOGG and Administrative Assistant Diane Moreau are seen making final plans for the Veterans' Golf Tournament which was held at St. Anne Country Club on Saturday, August 5th. Advertiser News photo by Kathy Shepard.

ciate of the deceased veteran. Burial flags may be obtained at VA regional offices, national cemeteries, and most local post offices.

If you have any questions about burial flags, please

call my office with your concerns. This information was taken from the 2000 Edition of Federal Benefits for Veterans and Dependents, Department of Veterans Affairs.

FireWise...

How To Report A Fire - Or Any Emergency by Fire Chief David Pisano

All too frequently, we hear of tragic stories regarding people who call to report their house is on fire, yet, in their fright, forget to tell the dispatcher their address. Others claim they called the fire department and the dispatcher kept them on the telephone asking questions.

However, what seems, at the time, like needless questions will actually aid the fire department in getting assistance quickly to your home.

* In the vent you are in a residence of building that catches fire, evacuate the building and call the fire department at 911 from a neighbor's telephone or nearby office building.

* When the dispatcher answers, inform him or her that you are reporting a fire emergency. Tell them your name. The dispatcher may ask you to spell your name.

* The dispatcher will request the telephone number you are calling from, in case of an accidental disconnection or if additional information is needed.

* Next, provide the dispatcher with the address of the fire and the nearest cross street, if known. If you are in an unfamiliar area when you discover a fire and are unsure of the address, try to give the dispatcher specific landmarks, such as the name on an adjacent building, that will help the fire department locate the fire.

* Stay on the telephone until the dispatcher completes the questioning and disconnects the call.

* In the event of a medical emergency, stay calm and give the dispatcher as much information as possible as to the nature of the medical emergency. Many dispatchers have special emergency medical training and may be able to provide you with some lifesaving techniques to use until emergency help arrives.

Emergency calls made the right way help save lives. False emergency calls made as a joke are crimes that cost lives. False alarms tie up emergency lines and endanger emergency personnel driving to the scene. Many dispatchers tape and trace incoming calls, and this can help apprehend those calling in false alarms.

For further information, contact the Agawam Fire Department at 786-2662.

- ADVERTISER NEWS -

Keenan Fights Gas Tax Hike

Representative Daniel F. Keenan announced recently that the state budget corrects a decade-old law that would have automatically raised the state's 21 cents per gallon gasoline tax at the peak of the summer travel season.

Record and still rising gas prices have raised fears that a tax hike will be triggered under an obscure 1990 law that sets the gas tax rate at 19.1 percent of the wholesale price of gasoline or 21 cents per gallon, whichever is higher. The tax has been at 21 cents per gallon for a decade, but if it reaches \$1.68 per gallon, the gas tax will increase by a penny, costing drivers an extra \$2.3 million per month.

If the average price per gallon at the pump exceeds \$1.80, the state gas tax would have jumped up to 24 cents without the law change, costing drivers an extra

\$7 million per month.

"It would be an outrage to hit taxpayers with an added tax at the same time that they are already paying record amounts for fuel," said Rep. Keenan.

Earlier this year, the U.S. Department of Energy predicted the current gas price crisis to abate this spring, but a skeptical Massachusetts House unanimously approved a measure to stave off potential tax hikes by freezing the tax at 21 cents per gallon during its budget debate in April. Following the lead of the House, the Senate adopted an identical budget rider in early June.

According to Rep. Keenan, since both chambers agree, the tax freeze will automatically reach the Governor's desk. Governor Paul Cellucci is expected to sign the measure when it reaches his desk.

LEGAL NOTICE

AGAWAM PLANNING BOARD

The Agawam Planning Board will hold a public hearing on Thursday, August 17, 2000 at 7:15 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Joseph Russo for a Revision to the Definitive Subdivision Plan of Family Estates regarding a request to waive a portion of the sidewalks on Family Lane.

Per order of Charles R. Calabrese, Chairman
AGAWAM PLANNING BOARD

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The Agawam Advertiser News



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- Agawam Obituaries -

ALICE M. ARNOLD

Alice M. (Cox) Arnold, 83, of 1200 Suffield Street, Agawam, died recently at Mercy Hospital in Springfield.

She had been an insurance clerk at Wilcox Insurance Agency in Westfield.

Born in Holyoke, she was a graduate of Holyoke High School and lived in Westfield and in Feeding Hills before moving to Agawam five years ago.

She was a communicant of Sacred Heart Church in Feeding Hills and a former member of its Rosary Altar Society.

Her husband, Philip Arnold, died in 1985.

She leaves a son, Thomas W. of Feeding Hills; three daughters, Alice M. O'Mara of Chester, Patricia A. Kelly of Southington, CT, and Janet B. Cormier of Coral Springs, FL; 10 grandchildren; and 11 great-grandchildren.

The funeral was held at Toomey-O'Brien Funeral Home in West Springfield and the church, with burial in Springfield Street Cemetery, Feeding Hills.

Memorial contributions may be made to any charity.

MARCO CAMMISA

Marco Cammisa, 88, of 55 Cooper Street, Agawam, a retired senior custodian at Agawam High School, died recently at a local nursing home.

He worked formerly at Riverside Amusement Park, Package Machinery Co., Van Norman Co., for the Agawam Water Department, and for the School Department at the Pierce School. He retired in 1971.

Born in Providence, he owned a bake shop there before moving to Massachusetts in 1948. He lived in Agawam for 52 years and was a communicant of St. Anthony's Church.

He belonged to the Chapter Two Golden Age Club, the Friends of the Agawam Senior Center, and the Council on Aging.

His wife of 50 years, the former Edith Annicchiarico, died in 1992.

He leaves a son, Raymond, and a daughter, Edith Sjostrom, both of Agawam; two sisters, Frances Peretzan of Cranston, Rhode Island, and Josephine Demasi of Johnston, Rhode Island; three grandchil-

dren; and five great-grandchildren.

The funeral was held at Agawam Funeral Home and the church, with burial in Springfield Street Cemetery.

Memorial contributions may be made to the American Cancer Society, 31 Capital Drive, West Springfield, MA 01089, or the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

WESLEY G. CARR

Wesley G. Carr, 73, of 33 Brice Road, West Springfield, died recently at Mercy Hospital in Springfield.

He worked for the state Registry of Motor Vehicles for 20 years and was a supervisor in the Westfield office. He later was an income tax consultant.

Born in Springfield, he grew up in Agawam and graduated from Agawam High School. He lived in West Springfield since 1961.

He was a member of the Melha Shrine Temple in Springfield and founded its Vintage Auto Club.

He was a Navy veteran of World War II and a member of the Agawam chapter of the Disabled American Veterans.

He leaves a son, Wesley G. Jr. of Springfield; two daughters, Sharon Stephens of West Springfield and Deborah Church of South Hadley; three brothers, Charles of Goffstown, NH, Russell of San Jose, CA, and Raymond of Springfield; a sister, Elaine Barton of West Palm Beach, FL; six grandchildren; and four great-grandchildren.

The funeral was held at Bethany Assembly of God Church in Agawam, with burial to be scheduled in the Massachusetts Veterans Memorial Cemetery in Agawam. West Springfield Curran-Jones Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

DAVID S. CLOUSE

David S. Clouse, 49, of 41 Paul Revere Drive, Feeding Hills, a former city official and civic leader, died recently at home.

He was a former chairman of the Citizens Association for a Safe Halloween Program and an

Agawam consumer commissioner.

He also was a Red Cross cardiopulmonary resuscitation instructor, a former emergency medical technician with the Auxiliary Police Department, a past president of the Lions Club, and a past chairman of the March of Dimes Campaign.

He was a 21-year administrative assistant for Northeast Utilities and retired in 1993. He worked on the utility's community outreach program and received the Senior Officers Award for Excellence and the Chairman's Award.

Born in Pittsfield, he lived in Agawam most of his life and was a 1969 graduate of Agawam High School. He also attended the Yale-New Haven campus of New Hampshire College.

He served in the 104th Tactical Fighter Group of the Air National Guard at Barnes Municipal Airport in Westfield.

He leaves a daughter, Wendy A. Clouse of Agawam; his parents, Kenneth & Edith (Fitzpatrick) Clouse of Port Charlotte, FL; a brother, William K. of Manassas, VA; and his former wife, the former Jean A. Gallerani.

The funeral was held at Agawam Funeral Home, with burial in Springfield Street Cemetery.

Memorial contributions may be made to any charity.

CORINNE M. COTE

Corinne M. "Corky" Cote, 52, of 66 Fernwood Drive, Agawam, died recently at Baystate Medical Center in Springfield.

She was a seven-year administrative assistant to the chief of police at Springfield College and previously worked at Digital Corp. in Westfield for eight years.

Born in Springfield, she moved to Agawam eight years ago.

She graduated from South Hadley High School in 1966.

She was a six-year Army sergeant and was also a recruiter. She was a member of the Wilson-Thompson American Legion Post 185 and served as a color guard, junior vice commander for the Legion, and sen-

SEE OBITUARIES - Page 6

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OBITUARIES - from Page 5

ior vice commander for the Auxiliary.

She was also a member of the West Springfield Fish and Game Club.

She leaves a sister, Peggy Tannier of Chicopee; her companion, Bonnie L. Blair of Agawam; several nieces and nephews; and a friend, Judy Jackson.

The funeral was held at Colonial-Forastiere Funeral Home of Agawam, with burial in Springfield Street Cemetery in Feeding Hills. At a later date, she will be laid to rest in the Massachusetts Veterans Memorial Cemetery.

Memorial contributions may be made to the M.S.P.C.A., 171 Union Street, Springfield, MA 01108.

ANGELA CRYAN

Angela "Dolly" (Fravesi) Cryan, 89, of Agawam, died recently at a local nursing home.

She was a 47-year supervisor for the former New York Telephone Co. in the Bronx and Manhattan, New York.

Born in Springfield, she lived in the Bronx for many years before moving to Chicopee in 1975. She moved to Agawam later.

She was a lifetime member of the Telephone Pioneers of America and belonged to the Springfield Golden Agers.

She was a volunteer during the Depression at orphanages in New York, where she knitted and sewed clothing for children.

Her husband, John H. Cryan, died in 1954, and a daughter, Margaret M. Cosby, in 1965.

She leaves four sisters, Gody Frank, Joy Swyers, and Mary Fravesi, all of Springfield, and Ginger Spinelli of Monson; four grandchildren; and three great-grandchildren.

Burial was scheduled at St. Michael's Cemetery in Springfield at the convenience of the family. Forastiere Funeral Home of Springfield was in charge of the arrangements.

Memorial contributions may be made to St. Jude Church, 1326 Worcester Street, Indian Orchard, MA 01151.

ARLENE M. DREWNOWSKI

Arlene M. (Trombley) Drewnowski, 79, of 1104 Shoemaker Lane, Feeding Hills, died recently at Mercy Hospital in Springfield.

She was a teachers' aide at the former Building Block Preschool.

Born in North Adams, she lived in Feeding Hills for more than 60 years.

She was a member of the Polish-American Club Women's Auxiliary and a communicant of Sacred Heart Church, both in Feeding Hills.

She leaves her husband of 60 years, Bernard J. Drewnowski; four sons, Edmond W. of East Longmeadow, Bernard J. Jr. of Springfield, Raymond S. Agawam, and Mitchell F. of Feeding Hills; two daughters, Joan E. Fontaine of Feeding Hills and Lillian M. Monty of Suffield, CT; a sister, Lena Perry of

Athol; 14 grandchildren; and 10 great-grandchildren.

The funeral was held at Agawam Funeral Home and in the church, with burial in Springfield Street Cemetery, Feeding Hills.

Memorial contributions may be made to the American Lung Association, 393 Maple Street, Springfield, MA 01105.

WANDA A. KOWZIC

Wanda A. (Dombrowski) Kowzic, 89, of West Springfield and formerly of 886 Main Street, Agawam, died recently at a local nursing home.

She worked at Baystate Medical Center in Springfield for 15 years and retired in 1975. She worked previously for Whitley Tailors of Springfield.

Born in Hatfield, she lived in Springfield and in Agawam for 25 years before moving to West Springfield.

She was a communicant of Our Lady of the Rosary Church in Springfield and a member of Polish Women's Alliance Group 422 and the Agawam Senior Center.

Her husband, Paul Kowzic, died in 1978.

She leaves a daughter, Barbara J. Stroschine of Chicopee; a sister, Helen Guidetti of Agawam; and two grandchildren.

The funeral was held at Kozikowski Funeral Home of Chicopee and the Springfield church, with burial in St. Stanislaus Cemetery in Chicopee.

Memorial contributions may be made to the Riverdale Gardens Activities Fund, 42 Prospect Avenue, West Springfield, MA 01089.

HERBERT C. LITCHFIELD, JR.

Herbert Crandall Litchfield, Jr., 80, of Chicopee, died recently at home.

He worked for the Defense Department for 37 years as a procurement officer. He was also executive director of the Agawam Housing Authority for 10 years.

Born in Springfield, he was a 1937 graduate of Commerce High School and a long-time Agawam resident.

He was a communicant of St. Paul's Episcopal Church in Holyoke and St. David's Church in Agawam.

He was a Navy veteran during World War II.

His first wife, the former Ruth Frost, died in 1982.

He leaves his wife, the former Leila A. Holcomb; a son, John F. of Agawam; a daughter, Susan A. O'Hare of Agawam; five stepdaughters, Claudine Morawiec, Rosanne Liptak, Anne Pilecki, JoAnne Romani, and Denise Kane; four grandchildren; 14 stepgrandchildren; a great-grandchild; and three stepgreat-grandchildren.

The funeral was held at Colonial-Forastiere Funeral Home, with burial in Agawam Center Cemetery.

Memorial contributions may be made to the Hospice of Springfield, 50

Maple Street, P.O. Box 9058, Springfield, MA 01102-9058.

HARMON A. SMITH, JR.

Harmon A. "Pat" Smith, Jr., 75, of Congamond Road, Southwick, died recently at home.

An Army Air Forces veteran of the European Theater in World War II, he was a staff sergeant in the 751st Squadron of the 457th Bombardment Group, Eighth Air Force. He was a belly-turret gunner and flew 35 missions over Germany. He was awarded the Air Medal.

Born in Agawam, he was a 1943 graduate of Agawam High School and also attended Springfield College. He lived in Southwick for most of his life.

He belonged to American Legion Post 338, Veterans of Foreign Wars Post 872, and the Arlington (Vermont) Golf Association. He was a past officer of Moto-Cross MX338 and the secretary of the New England Sports Committee.

He leaves his wife, the former Margaret H. Henahan; three sons, Patrick A. Smith and Frank E. Wallick, Jr., both of Southwick, and Robert J. Wallick of West Hartford, CT; two daughters, Laurie A. Smith of Oswego, NY, and Patricia A. Sawczuk of Plainville, CT; a sister, Betty J. Bush of Manchester, NH; and six grandchildren.

The funeral was held at Southwick-Forastiere Funeral Home, with burial in New Cemetery.

Memorial contributions may be made to Noble Visiting Nurse Association and Hospice Services, 77 Mill Street, Westfield, MA 01085.

EARL W. TEASE

Earl W. Tease, 84, of 598 Springfield Street, Agawam, died recently at home.

He was a long-time milkman for several area companies and also worked at the Springfield Museums for many years.

He received the 1996 Hospitality for Excellence Award from the Greater Springfield Convention and Visitors Bureau.

He was born in Springfield and lived there before moving to Agawam in 1960.

He was a Navy veteran of World War II and a communicant of Sacred Heart Church.

His wife, the former Wanda Wojtowicz, died in 1968.

He leaves a son, Mark E. of Granby; a daughter, Diane M. Murphy of Chicopee; two brothers, Harry of Chicopee and Walter of Jacksonville, North Carolina; five grandchildren; and two great-grandchildren.

The funeral was held at West Springfield Curran-Jones Funeral Home and the church, with burial in St. Michael's Cemetery.

Memorial contributions may be made to the
SEE OBITUARIES - Page 7



Cecilia P. Calabrese

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OBITUARIES - from Page 6

Hospice of Western New England, P.O. Box 9058, 50 Maple Street, Springfield, MA 01102.

JOSEPH A. VIGNEAULT

Joseph A. Vigneault, 82, of Agawam and formerly of Quarry Hill, East Longmeadow, died recently at a local nursing home.

He was a 15-year rigger for the former Hamilton Standard Division of United Technologies Corp. in Windsor Locks, Connecticut, and retired in 1981. He worked previously at the A&P Bakery for 13 years, American Bosch Corp., and the Springfield Armory, all in Springfield.

Born in Somersworth, New Hampshire, he lived in Springfield for many years before moving to East Longmeadow in 1953.

His wife, the former Gertrude E. Emmons, died in 1993; a son, Richard, in 1973; and a daughter, Rachel Vigneault, in 1980.

He leaves two sons, Roland of Agawam and Norman of East Longmeadow; four brothers, Armand of Phoenix, Arizona, Gerald of New Britain, Connecticut, and Roger and Paul, both of Somersworth; four grandchildren; and four great-grandchildren.

A graveside service was held in St. Michael's Cemetery, Springfield. Colonial-Forastiere Funeral Home was in charge of the arrangements.

JOSEPHINE C. WITKIEWICZ

Josephine C. (Dudek) Witkiewicz, 87, of Agawam and formerly of Nonotuck Avenue, Chicopee, died recently at a local nursing home.

She was a long-time Agawam resident and a communicant of the Basilica of St. Stanislaus, Bishop and Martyr, in Chicopee.

Her husband, Stephen A. Witkiewicz, died in 1973, and a son, Paul, last January.

She leaves two sons, Stephen Jr. of Feeding Hills and Robert of Ellenburg, NY; a daughter, Cynthia McCormack of Southampton; two brothers, Joseph Dudek of West Springfield and Stanley Dudek of Ludlow; a sister, Stella Miller of California; seven grandchildren; and five great-grandchildren.

The funeral was held at Starzyk Funeral Home and the basilica, with burial in the parish cemetery, all in Chicopee.

Memorial contributions may be made to any charity.

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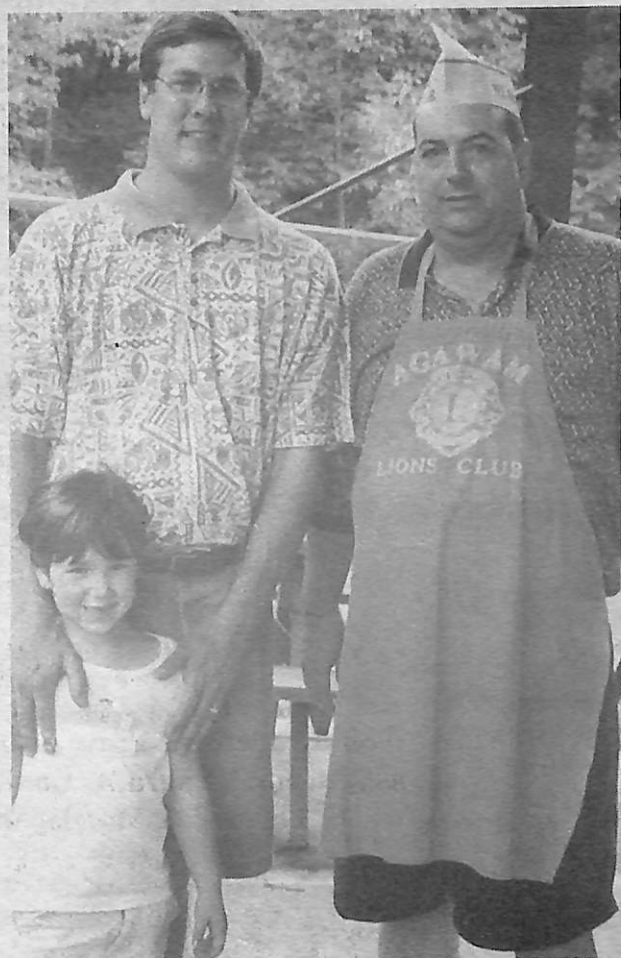
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Lions Host Picnic For Perry Lane Campers



THE AGAWAM LIONS CLUB fed the Perry Lane campers at their Annual Hot Dog Picnic held on August 3rd at Perry Lane Park. Over 150 campers ate hot dogs, Doritos, and watermelon and sipped punch. IN LEFT PHOTO: Chris Sparks, Agawam Parks & Recreation Director (left), is seen with Lions Club President Bob Germano and Perry Lane camper Rebecca Rouse. IN RIGHT PHOTO: Lions Club members Ed Disco and Dick Bassett keep those hot dogs comin' for the kids!!!



AGAWAM LIONS CLUB MEMBER JIM VOTZAKIS lends a hand at the Annual Hot Dog Picnic held August 3rd at Perry Lane Park.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event.

Thank you.

ADVERTISER NEWS...

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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Agawam's New St. Patrick's Day Parade Committee

Interested Agawam residents have initiated the organization of this town's own, St. Patrick's Day Parade Committee.

This committee will be affiliated with the Holyoke Parade Committee and will work with area organizations and businesses to create and fund a marching contingent and float for the Annual Parade in Holyoke.

The preparation for this event is a year-long process and may include picking a Colleen, picking award recipients of awards, designing, funding, and building a float.

Members need not be of Irish heritage. Any interested citizens may join this worthwhile and enjoyable committee.

Anyone interested in participating in this organization is urged to contact: Mike Tuckey - 789-9272; Bob Magovern - 786-0244; or Gerry O'Keefe - 786-2483.

New Agawam Police Officers Sworn In



FOUR NEW AGAWAM POLICE OFFICERS were sworn in recently. Pictured above at the ceremony are (from left) Agawam Police Chief Robert Campbell, Mayor Richard A. Cohen, new officers Paul J. Chenevert, James M. Wheeler, Brian C. Strong, Theresa A. Moccio, and Town Clerk Richard Theroux. Advertiser News photo by Kathy Shepard.

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Families

"Friends" To Sponsor Trip To Atlantic City This October

Join the "Friends" of the Agawam Senior Center to the Tropicana Casino Resort in Atlantic City on Wednesday and Thursday, October 25th and 26th.

With an 8:00 a.m. departure, we are bound for the excitement of Atlantic City (with comfort and meal stops en route).

We will enjoy one night at the Tropicana Hotel, where you will receive a tower room and have plenty of time to gamble in the house/hotel's casino and also see a show.

Your package will include: round-trip motorcoach transportation, one night's accommodation at the Tropicana, a prime rib dinner, \$10 in coins, \$3 food credit, cocktails, show, and all taxes and tips (including driver's gratuities). The cost is only \$115 per person (double). We will depart at 8:00 a.m. from the Agawam Senior Center, and will return at approximately 9:30 p.m. on October 26th. This trip is open to the public.

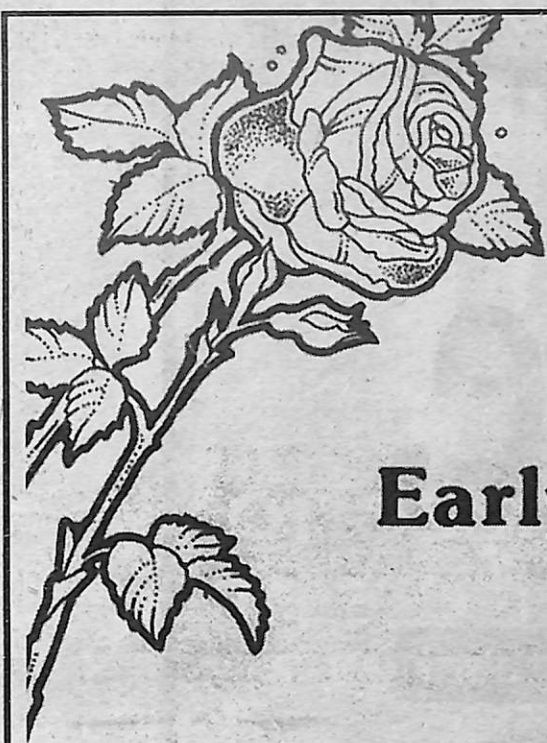
Contact Nellie Mathias at 786-9093 for reservations, or contact the Agawam Senior Center at 68 Meadowbrook Manor, Agawam. A \$25 deposit will hold your reservation.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, Aug. 31st...

A "Tail" With A Happy Ending...



A FEW YEARS AGO, The AAN heard about a dog which was found at the Foodmart parking lot and which no one would claim. Fortunately, a "FOUND" ad in The AAN alerted the Homeless Animal Project, an organization which finds foster homes and trainers for such animals. As a result, "Shelly" (far right) - who has three legs - found a happy home with David & Therese Luppi of East Springfield. Pictured above with "Shelly" and Therese is "Gracie" (far left), a greyhound who also resides with this pet-loving family. However, the Luppi household is not "going to the dogs"; a pair of cats, "Bentley" and "Bartley," also vie for David and Therese's attention. Advertiser News photo by Kathy Shepard.



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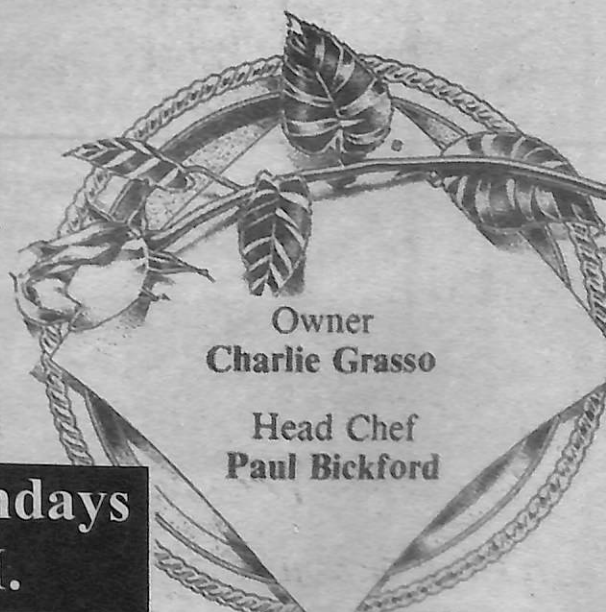
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ON SATURDAY, JULY 29TH, the first Annual Monster Jam - Battle of the Bands was held on the grounds of Harmon Smith Field at AHS. Eight area bands played from 12:00 noon to 6:00 p.m. Advertiser News photo by Dave Rollins

First Annual Monster Jam Held At AHS's Harmon Smith Field

by Dave Rollins
Sports Editor

On Saturday, July 29th, there were sounds emanating from Harmon Smith Field that one wouldn't usually associate with such a place. There were no heavy whacks as pads collided with pads, no thunk of a soccer ball off a swift foot or the slap of high fives.

No indeed. These were the sounds of music, not the Julie Andrews type, either. It was the Town of Agawam's First Annual Monster Jam - Battle of the Bands.

It was quite a show. Eight of the area's top young bands played one after another from noon to 6:00 p.m. They came in with names like Esperence, No Intent, Suburban Chaos, Panafobia, Nameless Fear, Prosper, Naked Tangerines and Agawam's own Melodious Culture. When it was over, Melodious Culture, filling in for a group called Pointless, won the top prize - \$100, a \$100 gift certificate to LaSalle Music of Agawam, and three hours of recording time at a West Springfield studio.

Sometimes, when you concentrate on certain aspects of high school life, you tend to forget that other kids have their own lives outside sports. It was nice to see this talent on display. Each group had a different style of music and different inspirations for what they played. Some were metal, some said they played grunge and metal. Others favored rap and hard core, still others alternative.

They looked up to big-time groups such as Incubus, Tool, Megadeath, The Beatles and Led Zeppelin. Melodious Culture had a rock menu and looked to Jimi Hendrix and the Doors, whose influence was evident in their music. The performance also included an outstanding bass guitar solo by John Guriella.

The Monster Jam was cooked up by Agawam Mayor Richard A. Cohen, who then handed it off to Parks and Recreation Director Christopher Sparks. "It started back in February and really gained momentum in April," Sparks noted. He was also pleased with the turnout. "We had 300 people in attendance. With our fee of \$5 at the door or \$3 in advance, after expenses, we took in \$600, which will go to our new skate-

board park to be built somewhere near Shea's Field next spring. Also, the sophomore class at AHS, which ran the concessions, realized a \$300 profit," he noted. The junior and senior classes also saw some money from the affair.

"The kids loved it, the crowd was very well behaved, and it looks really good for another event next year, which maybe we can turn into an all-day town celebration," he smiled.

The judges for the event were three kids from Agawam with musical backgrounds; Justin Casinghino, Justin Gormen, and Nick Lee.

Ag. Senior Center's Weekly Lunch Menu

Monday, August 14th: Chicken cutlet on a roll, lettuce & tomato, steak fries, peaches.

Tuesday, August 15th: Cold plate - ham sandwich, potato salad, tomato and cucumber, apricots.

Wednesday, August 16th: Stuffed pepper, mashed potatoes, corn, whole wheat bread, ice cream.

Thursday, August 17th: Swedish meatballs, egg noodles, peas, rye bread, mixed fruit.

Friday, August 18th: Baked fish, baked beans, corn on the cob, pumpernickel bread, Jello with fruit.

(Menu subject to change without notice.)

Crafters Wanted For Lioness Club's Holiday Craft Fair

The Agawam Lioness Club is seeking crafters for its upcoming Holiday Craft Fair. The fair will be held on Saturday, November 4th, from 9:00 a.m. to 3:00 p.m. at the St. Thomas School in West Springfield.

Interested crafters are asked to please call 789-0017.

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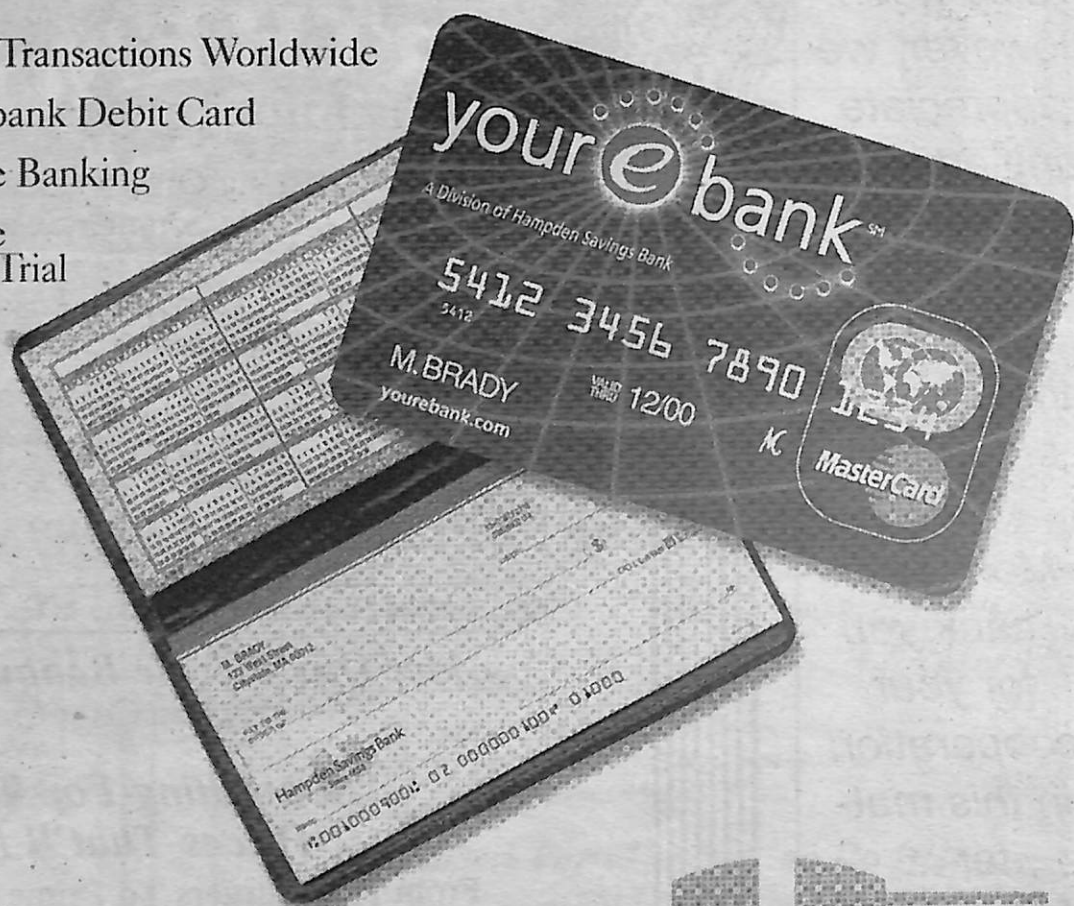
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Sculpting...

Sculpting is the third step in the Paul Mitchell system of hair care that I will be discussing this week.

First, it is important to find the right hair style before you can choose the proper sculpting tool. If you are like most women, you have an idea of what you want to look like. After you choose a style, you must adapt it to your hair type and face shape. You have to remember that you should work with what you have and make the very most of it.

Jennifer and Carol have been highly trained to adapt your hair type to any look you may want to achieve. Hair styles are part of your self-image and attitude, just like the clothes, make-up, and jewelry you wear. We find that our clients fit into categories of high, low, or no maintenance. We like to consider factors like your lifestyle, personality, age, moods, style destination, weather, season, time of day, proportion of your face and body, and most important, your styling skills, to help find the right look and ease of care for you.

Sculpting is an important step to achieving the look you want after you get that perfect hair style. It should not be a heavy or glued look. You want to find the right product to get the hold for your need. The products Paul Mitchell has designed include:

Volumizing Spray, which combines natural resins and panthenol to increase the size of the hair shaft,

thus adding soft volume to all hair types. **Hair Sculpting Lotion** is excellent for sculpting and setting and gives hair a firm hold that brushes out soft, leaving all hair types shiny and full of body. **Sculpting Foam** is a combination of styling and conditioning agents designed for naturally curly or textured hair, giving manageability and control.

Extra-Body Sculpting Foam contains firm-holding polymers that give hair strong, flexible body. The super-emollient conditioning agents in this thick, rich foam add incredible shine to all hair types. **Super Clean Sculpting Gel** is used to define hard-to-hold styles and gives firm hold for wet or dry looks. **Extra-Body Sculpting Gel** is used for maximum volume and brilliant shine. It contains body-building thickening agents that add texture and control. It defines any style while conditioning and moisturizing medium and coarse hair types.

Super Sculpt Styling Glaze is quick drying and gives flexible hold for all hair types. Great for sculpting or blow-drying, seals in moisture, adds shine, and gives maximum body. **Soft Sculpting Spray Gel** is excellent for soft, natural styling on fine to medium hair types. The **Heat Seal** has been designed to use with heat to balance the texture of all hair types. It provides shine, body, protection, and long-lasting, frizz-free, and humidity-resistant styles.

All these wonderful products were designed for both men and women. We have found that our clients love the fact that all Paul Mitchell products can be used by every family member. Next week, I will conclude my report explaining the finishing products that are available for your special needs.

Thought for a smile: watching fire flies in the darkness.

And remember ... Beauty is our Business!



ADAM G. NADING

Adam Nading Completes Coast Guard Training

Adam G. Nading, son of Pamela & Gary Nading of Feeding Hills, recently completed his training with the United States Coast Guard at Cape May, New Jersey.

Adam is a graduate of Agawam High School and Westfield State College, where he earned a bachelor's degree in criminal justice. While at Cape May, recruits learn the discipline, seamanship, and military law required to serve in the Coast Guard.

Adam is currently serving as a fireman on the Coast Guard Cutter Muskingum, stationed on the Arkansas River at Sallisaw, OK.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...
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All Major Credit Cards Accepted
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For Take-Out, Call 786-7941
Beer And Wine Served

Full Menu Available To Please Everyone's Taste!



ADAM JOHN KERR

Kerr Family Announces Birth Of Son, Adam John

Rob and Jenn Kerr of Feeding Hills are extremely happy to announce the birth of their first child, Adam John.

A.J. was born on July 11, 2000 at 4:12 a.m. He weighed 10 pounds, .08 ounces and was 23 inches long.

The maternal grandparents are Janice Reynolds of Springfield and John Glover of Palmer.

The paternal grandparents are Thelma Kerr of Feeding Hills and the late Hugh Kerr.

Jennifer Taylor Engaged To Wed Ryan Nading

Mr. & Mrs. Toby Roberson of Grandview, Texas, wish to announce the engagement of their daughter, Jennifer Ranae Taylor, to Ryan Nading, son of Pamela & Gary Nading of Feeding Hills.

The future bride is a graduate of Grandview Texas High School and is attending the University of Texas at Dallas, majoring in forensic psychology. The future bridegroom graduated from Agawam High School, attended Springfield Technical Community College, and Richland College, Dallas, Texas. He is a grocery director in Dallas for the Texas Division of Safeway.

The wedding is planned for September 30, 2000 in Old City Park, Dallas, Texas.



JENNIFER TAYLOR & RYAN NADING

Announcements On Upcoming Events From Agawam Garden Club

The Agawam Garden Club's August meeting will be the annual picnic at the home of member Terry Angotti in Agawam.

The club is now in preparation for its annual display at The Big E. A display will be in the New England

Center Building. This year's theme is "East Meets West."

In September, the Garden Club will host a flower show displaying the works of the many talented club members.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!



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Friday & Saturday - Aug. 11th & 12th

SPECIALS: APPETIZER:

Bistro Bruschetta - Three slices of toasted country bread topped with plum tomato salad and roasted zucchini with sun-dried tomatoes and caponata.

ENTREES:

Black Angus Sirloin Steak - Sirloin encrusted with black peppercorns finished with a brandied peppercorn sauce, topped with a crisp onion bundle.

Pan-seared Balsamic-glazed Sea Scallops - Tender sea scallops pan-seared, placed on a bed of lemon saffron risotto and drizzled balsamic glaze.

Enjoy Summer Nights in the Bistro Lounge with the sounds of:

Thursday, August 10 - Classical Pianist Vadim
Friday, August 11 - Piano Vocalist Kevin Burns
Saturday, August 12 - Pianist Natalie Borowiec
7:00 P.M. - ???

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Every Monday Night is Pasta Night
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EVERY TUESDAY IS
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NEW!! WEDNESDAY
Steak Night **\$16.95**

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Saturday 4:30 - 10:00 p.m. • Sunday 4:00 - 8:30 p.m.

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- Lunch Or Dinner -

Tuesday:

Steak & Stuffed Shrimp.....\$9.95
Veal Bracciale.....\$9.95
Chicken Marinara Penne.....\$8.50

Wednesday:

Any Pasta From Our Menu.....\$8.95
Baked Stuffed Scrod.....\$8.95
Mussels Oregonato.....\$8.95

Thursday:

Double Pork Chops Grilled.....\$9.95
Chicken Marsala.....\$9.95
Cajun Grilled Chicken.....\$9.95

Friday:

Zuppa De Pesce.....\$13.95
Baked Scrod.....\$9.95
Mussels Feta.....\$9.95

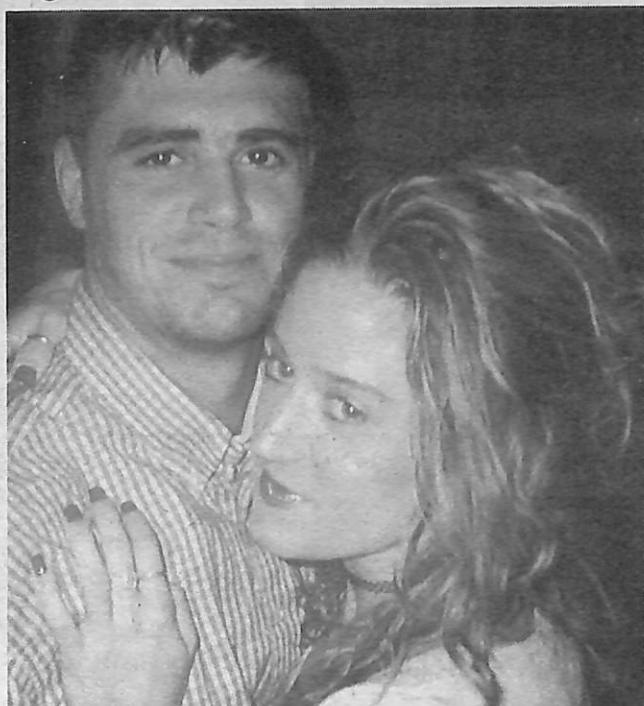
Sunday:

Seafood Creole.....\$12.95
Fisherman's Platter.....\$12.95

All Specials Cannot Be Used Or Combined With
Any Discount Offers Of Any Size Groups.
(Valid Thru Sept. 30, 2000.)

Planning A Party??? We Can Do It!!!
Catering Available (In-House Or Out)

*** Patio Open (Weather Permitting) ***
664 Suffield St. (Rte. 75), Agawam
(413) 786-5711



HETHER SAWYER & GARY WHITTIER

Hether Sawyer Engaged To Wed Gary Whittier

Announcement is made of the engagement of Hether A. Sawyer and Gary P. Whittier. The bride is the daughter of Howard and Ann Sawyer of Feeding Hills. The future bridegroom is the son of Lt. Col. Elmer and Jeanette Whittier of Belchertown.

The future bride is a graduate of Cathedral High School and received a Bachelor's Degree from Springfield College. She is a gymnastics coach for New England Gymnastics Express in Newington, Connecticut.

Her fiancé is a graduate of Cathedral High School and received a Bachelor's Degree from Western New England College. He is currently pursuing his private pilot's license for a career as a pilot.

The wedding is planned for September 29, 2001

ADVERTISER NEWS

Kids Keeping Busy At Ag. Library



LAST MONTH, a special program was held at the Agawam Public Library for children who had read at least one Harry Potter book this summer. IN LEFT PHOTO: Ally Bertagnolli and Jean Bertagnolli were part of the "Young Wizards" show created for the Harry Potter Club by the "Mad Science Team," which is led by head wizard Chris Babb-Cheshill (far right). IN RIGHT PHOTO: The theme of the "Young Wizards" show was fireworks of ancient Asia, and Babb-Cheshill explained to his youthful audience why fireworks were so important to certain areas of Asia so long ago. Advertiser News photos by Kathy Shepard.

*Our deadline is each Tuesday at 12:00 noon;
however, we appreciate any articles, press
releases, letters, etc., that can be brought in on
Mondays. Thank you for your cooperation...*

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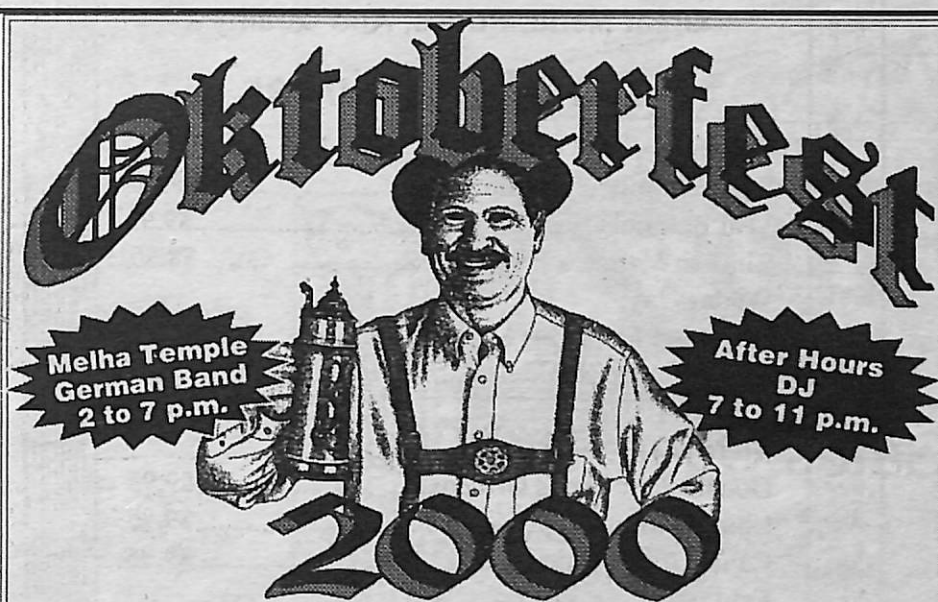
62 days.

There's still time to advertise in the Sister City Jubilee Yearbook, which will be published to commemorate the first official visit this October by our Italian Sister City of Reggio Calabria. Contact Commission chairman Bill Euliano at 786-0441 by August 18th. Rates range from \$75 for a business card size ad to \$500 for a full page ad. We are also accepting donations of any amount made payable to: "Town of Agawam Sister City Commission". Please send directly to treasurer Sylvia Deliso at 971 River Road, Agawam, Massachusetts 01001.



Six days of Reggio
October 4-9, 2000

Grazie per tuo interesse.



Melha Temple
German Band
2 to 7 p.m.

After Hours
DJ
7 to 11 p.m.

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176 Garden St., Feeding Hills
(Take the Garden St. Exit Off Route 57, bear left)

Saturday, August 19
Rain or Shine
From Noon to 11 p.m.

Excellent Food • Oktoberfest Beer

Folk Dancers, German Novelties

Jester, Balloons & Face Painting For The Kids

\$3 in advance • \$4 at the gate

Children 10 and under FREE
FREE PARKING

For More Information, Call The Club At (413) 786-0924

Agawam Couple Wins 2000 Cribbage Tournament In Worthington

Congratulations to Al & Elaine Taupier of 64 Woodside Drive, Agawam on winning the 2000 championship of 1999. Second-place winners were Joe & Dian Curran of Worthington Cribbage Tournament, retaining their Feeding Hills.

For all the hometown news, you turn our pages each and every week ... AAN!!!



ROSALIE DIALESSI (right) with Marta DiBenedette, Past Junior Director, MA.

Local Women's Club Leader Attends Annual Convention

Rosalie A. Dialessi, Director of Junior Membership for GFWC of Massachusetts 2000-2002 administration and a member of the Agawam Junior Women's Club, was one of more than 1,400 women at the General Federation of Women's Clubs (GFWC) 109th annual international convention in Boston held June 16th-21st.

In addition to attending business sessions and workshops on Parliamentary Procedure and Community Improvement Programs, and voting in a slate of new officers, Mrs. Dialessi heard addresses by Cokie and Steven Roberts, authors of *From This Day Forward*, and David Crary, an Associated Press reporter who spoke about covering women's issues at home and abroad. Crary, winner of the Jane Cunningham Croly/GFWC Print Journalism Contest for Excellence in Covering Issues of Concern to Women, received a \$1,000 cash award from the Federation.

GFWC outgoing International President Maxine S. Scarbro of Charleston, West Virginia, praised the Federation membership for their club's accomplishments in the area of her 1998-2000 Special Project, the Community Improvement Program. "Long one of my major interests, I believe that assisting communities with their special needs speaks to the very essence of club work," she said.

The Massachusetts Junior Membership was once again honored to have one of their Junior Clubs recognized for outstanding accomplishments in the Community Improvement Program. The Dennis Junior Women's Club won fourth place; this club previously won first place two years ago. This is quite an accomplishment for a club of 17 members.

At an installation ceremony on the convention's final night, Shelby Hamlett of Roanoke, Virginia became the organization's International President for 2000-2002. Mrs. Hamlett will continue to focus on the Community Improvement Program during her administration.

Located in the nation's capital, GFWC is an international organization of volunteer community-based women's clubs, with members worldwide in 20 countries. The Agawam Junior Women's Clubs has been a member of Federation since 1957 and is known locally for numerous projects including their Safety Bus Program, Imaging Helmet Project, and Holiday Baskets.

Chris W. "Hayes" Memorial Scholarship

Pig Roast

Saturday

August 12

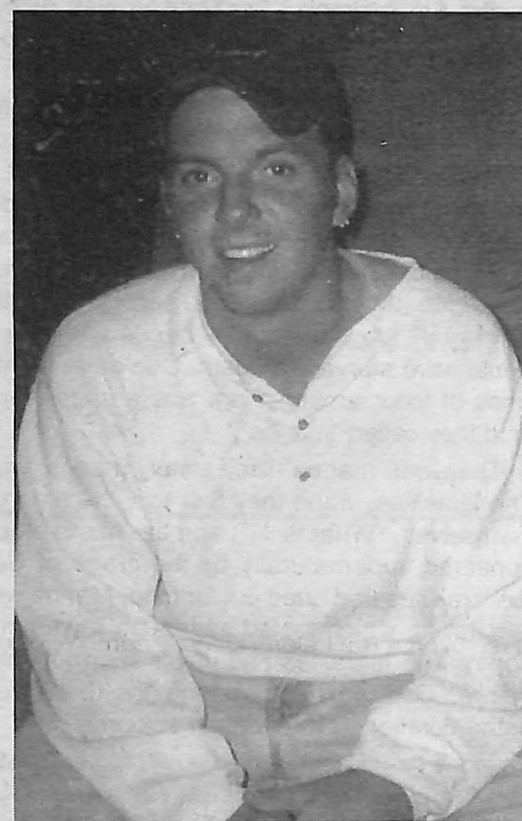
3:00 - 11:00 P.M.

Donations: \$20.00 Per Person

Children Under 12 Free

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For Tickets Or Information, Call:

Ray Gobielle, 786-9536

Joe Iarrusso, 789-0118

Mike DaSilva, 789-0533

Bill Hayes, 787-9463

Proceeds Go To The Chris Hayes Memorial Scholarship
At Johnson & Wales University

DAY'S LIST OF EVENTS

*Gates Open At 3:00pm

*Hamburgs, Hot Dogs, Beverages - All Day

*Dunk Tank

*Games

*Pig Served At 5:00pm

*Raffle At 7:00pm

*D.J. 7:00pm-11:00pm

*Dessert Donations Welcome

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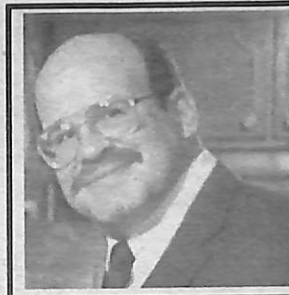
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Church News



Reflections...

submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

Jesus Called Himself "The Bread Of Life"

Years ago, the American Express Company ran advertisements on television promoting the American Express card. One of their recurring themes was that by having an American Express card, a person could establish a certain identity. In their ads, a famous person would ask a simple question, "Do you know who I am?" Sometimes the famous person was a television or movie star, and most people would be able to easily recognize him or her. Other times, the famous person was famous because of his or her accomplishments. For example, Jim Henson was recognizable not by his appearance, but rather by the appearance of his creations, the Muppets.

One of the ways Jesus identified Himself was to call Himself the "Bread of Life." He compared Himself to the manna which God had given to the people of Israel while they wandered in the desert for 40 years. When Israel left Egypt, approximately 1,200 years before Jesus was born, they sojourned in the desert for 40 years before they entered into their own homeland. Obviously, they needed to eat, or they would have starved to death. God gave them several kinds of food; among them was a special bread-like food they called "manna."

The word "manna" itself simply means "what is it?" The Israelites, when they first saw the manna, asked themselves, "What is it?", and the name stuck. It had appeared supernaturally by the grace of God when the Israelites had cried out for food. Manna was white, thin flakes, which tasted as though it was made with honey. The Israelites had never seen anything like it before. God provided manna for them during the entire duration of their desert sojourn.

Jesus could have merely said, "I am the Bread of Life," and let it go at that. If He had, His comment might have gone down in history as that kind of religious talk which sounds impressive, but nobody seems to know what it means. But he didn't. He pushed it further. He went on to say, "I tell you the truth, unless you eat of the flesh of the Son of Man and drink His blood, you have no life within you."

How can we possibly understand why Jesus would describe Himself as the "Bread of Life," and insist that we must "eat the flesh of the Son of Man"? The key to unraveling this mystery would appear to be Jesus' reference to the manna. When we consider the role of manna in the lives of the Israelites during their Exodus sojourn, we may begin to grasp what Jesus wants us to comprehend.

The manna appeared supernaturally one day, and every day thereafter. It appeared after the Israelites prayed for food. They had been hungry for several days before they prayed; but then God quickly answered their prayer. He had been there all along, but they needed to do something themselves to establish contact. What they needed to do wasn't

hard, all they needed to do was pray; but they had to do something. Similarly, Jesus is ready, willing, and able to be the Savior and Lord of any person's life. Nobody is too far, nor has sinned too much, to be beyond the reach of His saving embrace. However, like the Israelites, each of us must also do something. What we must do is not hard to do; all we must do is pray. In 1200 B.C., the Israelites received manna for 40 years; in 2000 A.D., we can receive the Bread of Life forever; Jesus said "whoever comes to me I will never drive away. For it is My Father's will that everyone who looks to the Son and believes in Him shall have eternal life."

There was nothing the Israelites could do on their own to make the manna appear, nothing they could do to deserve it. Yet, without it they would have starved to death. God gave the manna to the Israelites out of the goodness of His heart. God knew they needed it, to survive. In the same way, God gives the people of the world a Savior, the Bread of Life, also out of the goodness of His heart. God knows that apart from Jesus Christ, we have no life within us.

The Israelites were commanded by God through Moses to gather only enough manna for each day for their families. If they attempted to gather more, they were frustrated in their efforts. It was a real challenge for the Israelites to accept God's gracious provision by faith, rather than to think they could or should try to add on to what God had already done for them. That's still the challenge for many, if not most people, today.

When the Israelites first saw the manna, some were bewildered and others mocked. But when they tasted the manna, they found that, to their delight, it tasted very good. It was sweet, like honey. God's love, made available to us through His Son, can be manna in that way, too. Some people might be bewildered, and others may mock. But all who taste it will find out, to their delight, that it is sweet, and it is very good.

St. David's Episcopal Church To Host Vacation Bible School

St. David's Church will be hosting "2000 Ark Avenue God's Great Get-Together," a Vacation Bible School to be held August 14th through August 18th from 9:00 a.m. to 12:00 noon at St. David's, 699 Springfield Street, Feeding Hills.

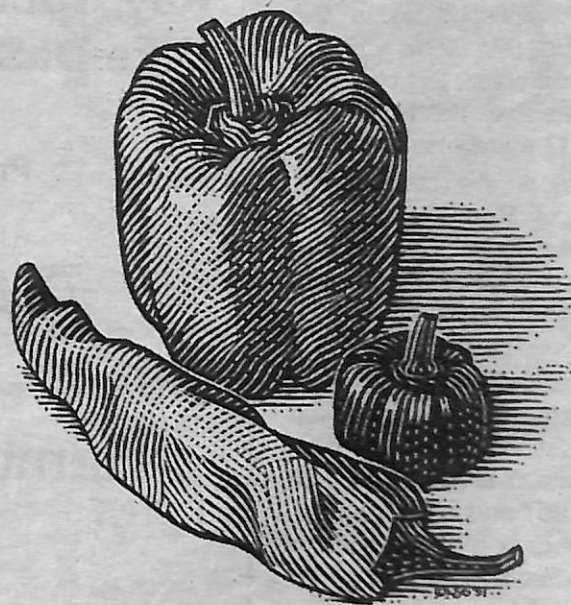
Children three years-old to those entering sixth grade are invited to join together to explore and celebrate God's promises to us. Through the telling of Old and New Testament Bible stories, learning songs, games, crafts, snacks, and prayers, children come to learn about God's faithfulness.

Cost is \$5 per child or \$12 per family. Registration forms are available at the church. For more information about this exciting event, please call the church office at (413) 786-6133, Monday through Friday, between 9:00 a.m. and 12:00 noon.

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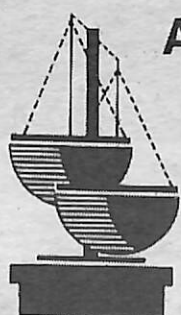
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Parish News And Notes From St. John's Church

RELIGIOUS EDUCATION REGISTRATION: The process of registration for next year's classes has begun. Parents of children in first grade are reminded that they have to register their children. If your child was not baptized here at St. John's, please bring a copy of the Baptismal record at registration. Registration during August. Cost - \$30. There are family rates.

Many people took advantage of the early sign-up fee, but a goodly number still need to be heard from. It is difficult to plan classroom space and teachers when many arrive at the last minute. Your cooperation will be truly appreciated if this could be done by August 16th.

ADULT CONFIRMATION: We will soon be preparing for the Sacrament of Confirmation which will be administered in October. Any adult who has not yet been confirmed and who would like to be is asked to contact Sr. Mary Clare, Fr. Bill, or Fr. Howard. We will have some sessions with this group to get them ready.

SUNDAY TO SUNDAY: We will continue this program here at St. John's for all who would like to deepen their awareness of the Sunday readings ahead of time. Thursday evenings at 7:00 p.m.; Friday mornings at 9:10.

PARISH PICNIC: The Parish Picnic is coming fast: August 27th. That is less than a month away. Mark your calendar and plan to be with us for a fun-filled

day for the whole family. Want to help? A storyteller is needed. Call Mariann Green, 593-5764, or Joe Audette, 789-0816. They will be glad to hear from you.

INTERESTED IN INQUIRING INTO THE CATHOLIC CHURCH? Our RCIA program for inviting and welcoming new members will begin in the fall. It begins with simple inquiry, to answer any questions, and see if it is something which should be pursued. If you know someone who is looking for a church, you might suggest their thinking about looking into the Catholic family. Call Fr. Bill, Sr. Mary Clare, or Fr. Howard. We would be happy to discuss a journey of faith.

Mtgs. To "Take Off Pounds Sensibly" At Christ Church, Southwick

Come and join the fun and lose weight, too. TOPS (Take Off Pounds Sensibly) is hosting a free meeting and seeking new members interested in losing weight and keeping it off.

If you want to lose weight and make new friends who are in the same boat, come and join us for a free

meeting. Meetings are held every Wednesday night at Christ Church United Methodist, 222 College Highway, Southwick.

Weigh in from 6:30 to 7:00 p.m., with meeting to start sharply at 7:00 p.m. until 8:00 p.m. Come try a free meeting. If you like what you see, it is only \$1 per

week to have fun and lose weight. To join for a year is only \$20, which includes our TOPS magazine mailed to your house throughout the year.

So, you have nothing to lose, but unwanted weight! For further information, call Deidre at 572-3092 or Pat at 786-4122. Hope to see you!!!

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st...

6-week Summer Fitness Membership

Get in shape for fall sports.

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Tone your muscles.

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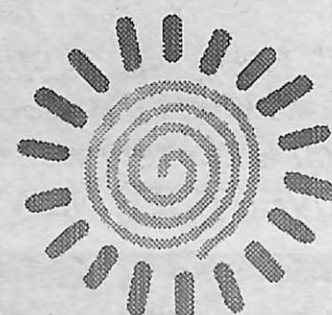
Join Fitness First for the summer.

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413.786.1460 www.fitnessfirstthehealthclub.com



Vacation Bible School Held July 10th-13th....

Agawam Church Of The Bible Hosts Outdoor Baptism

Agawam Church of the Bible held its first outdoor baptism on July 9th at Sunrise Park in Suffield, Connecticut with approximately 200 friends and family members attending.

Seven people (four adults and three children) were baptized by immersion as a testimony to their faith in Christ. Pastor Wright spoke on how almost all of God's great works and Jesus' teaching and miracles were conducted outside in public, rather than inside a building in private. Each person, just prior to their baptism, told their story of coming to personal faith and trust in Christ for salvation.

Agawam Church of the Bible also held its sixth annual Vacation Bible School last week, from July 10th-13th. More than 160 children from our community attended throughout the week with 60 adult or teen volunteers helping. This year's theme was "God's Plan for You" (GP4U) - He created and loves you, sin has separated you from Him, Jesus paid the penalty for sin through his death on the cross, and you can be saved through faith.

Highlights of the week included a Wednesday picnic for the families, "Professor Meganoggin" and friends performing for the kids, a visit from the HP Hood ice cream truck, and the closing rally for parents on Thursday night.

We wish to thank the Agawam Public Schools for their use of the Middle School, the "Bob Band" for playing, Mr. Don Robinson for hosting our picnic, HP Hood for the ice cream, and each and every parent, child, and volunteer who made this Vacation Bible School another huge success.

Agawam Church of the Bible is a non-denominational Bible-teaching church committed to a contemporary style of worship, genuinely loving relationships, relevant biblical teaching for life change, and a message of salvation by grace through faith in Christ alone. We meet every Sunday morning at the Agawam Junior High School auditorium at 10:00 a.m., the dress is casual, and all are welcome. If you would like to receive a pamphlet describing Agawam Church of the Bible and its ministries, or have any questions, simply call the church office at 789-2904.

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American Legion Post 185

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AGAWAM CHURCH OF THE BIBLE HELD ITS FIRST OUTDOOR BAPTISM service in the chapel at Sunrise Park in Suffield, Connecticut, on July 9th. In photo above, Chuck Van Ettar was baptized by Pastor Brad Wright.



FOUR ADULTS AND THREE CHILDREN were baptized by immersion at the first outdoor baptism held by the Agawam Church of the Bible at Sunrise Park in Suffield, Connecticut on July 9th.

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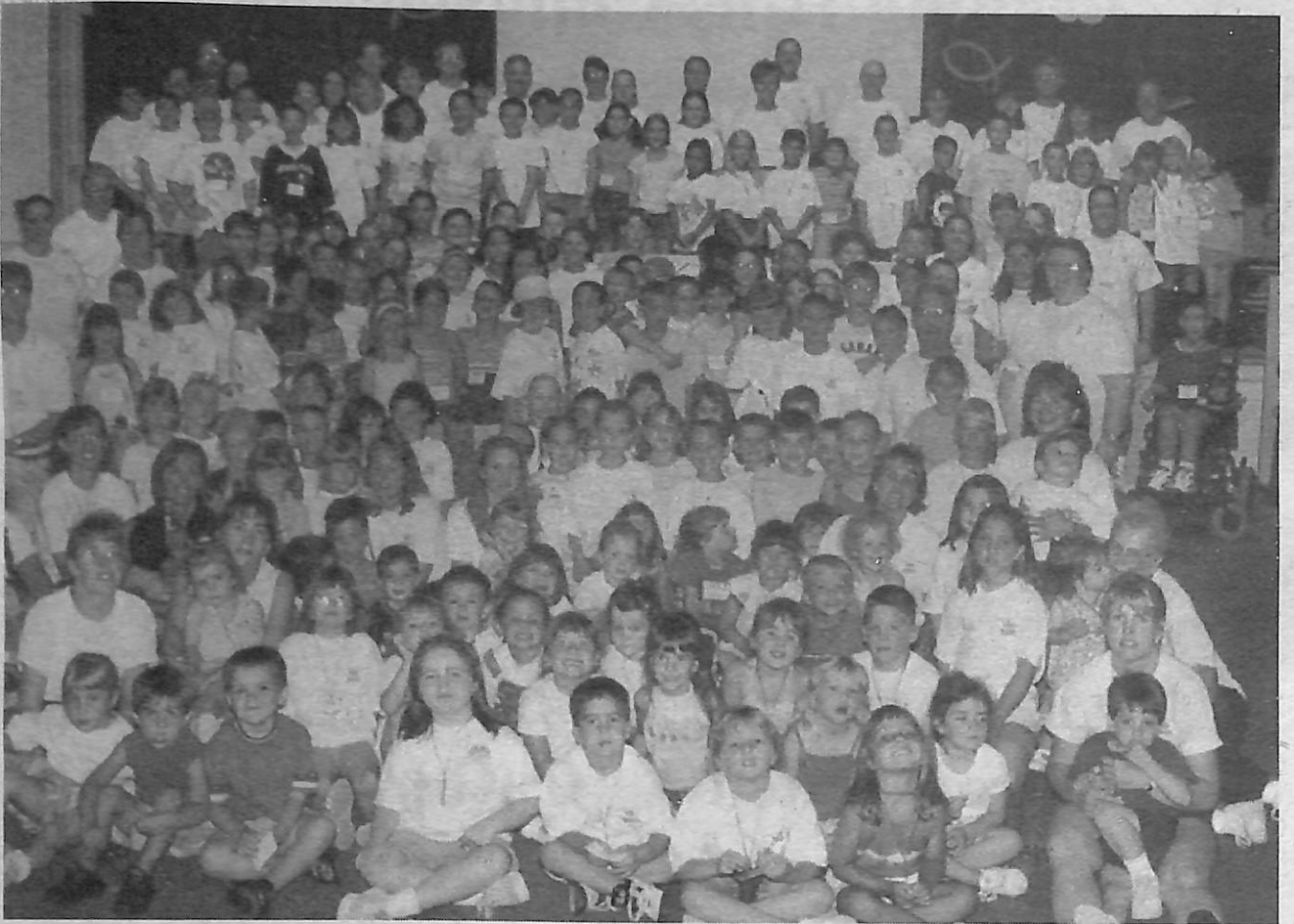
Mon. - Tues. - Wed. 9-4
Thurs. - Fri. 9-5

4 Washington Avenue Extension, Agawam

Agawam Church Of The Bible Holds Vacation Bible School



PAUL JOHNSON, CO-DIRECTOR OF the Vacation Bible School held by the Agawam Church of the Bible July 10th-13th, shows off the "fish trophy" he received at the family picnic held July 12th.



OVER 160 CHILDREN AND 60 VOLUNTEER STAFF MEMBERS from the community helped make Agawam Church of the Bible's sixth Annual Vacation Bible School a success once again.

News From Faith Bible Church

On August 25th, 26th, and 27th, we will be at the Taste of Westfield, talking to people and letting people know about our church. Stop by and say hi if you are out tasting the wonderful food at the Taste of Westfield. We would love to see you.

Tuesday mornings are still our Women's Bible Study. They are being held at different women's houses each week and brunch is provided, as well as nursery. If you are interested, please contact the church and we'll let you know where for that week.

Our men will be attending a men's retreat September 15th and 16th. They always have a wonderful time and we receive a lot of funny stories when they return. If you are interested, please contact the church.

We have started our street ministry again on Saturdays from 12:00 noon-1:00 p.m. Sandwiches, soup, and clothing are handed out to those in need. This is always a time to see how people less fortunate are blessed and how we can help by doing so little.



THE "BOB BAND" WAS ONCE AGAIN a huge hit with the kids at the Agawam Church of the Bible's Vacation Bible School held July 10th-13th. Members of the band in above photo include Bob Fernandes, Pete Johnson, Wyn Jespersen and Bob Jespersen.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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News & Notes From Feeding Hills Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 9:30 a.m. for the summer and will this week include our monthly collection for the Parish Cupboard. Debra Shepard will join us to share her experiences in Honduras. Her sermon title is, "A Taste of the Spirit."

The Bible readings are Matthew 25:31-40 and Romans 8:18-25. Diane Fiejdasz will be Lector. Ushers will be Sue Strycharz and Charlie Horenstein. Rich Rozanski will serve as Acolyte.

Children are invited to attend worship, which will include a Youth Moment.

The deadline to submit articles to the church newsletter is Thursday, August 17th.

Rally Day is only a month away! Sunday School and regular worship hour will begin on Sunday,

Vendors Wanted For Sacred Heart's Tag And Craft Sale

Applications are now being accepted for the Annual Tag and Craft Sale at Sacred Heart Church in Feeding Hills on Saturday, September 9th, from 9:00 a.m. to 3:00 p.m.

It will be held in the parking lot of the church. For an application or more information, call 786-4966 or 786-3384.

*For photo coverage in The AAN,
call 786-7747 or 786-8137;
however, please give us at least 72
hours' notice prior to your event.
Thank you.*

September 10th. Rally Day festivities include a cook-out following worship, which will begin at 10:00 a.m. The Board of Christian Education has some exciting events planned for this fall. Details will be printed in the September issue of *The Informer*.

On the calendar:

Fri., Aug. 11th: 5:00-10:00 p.m., Creative Memories

Sat., Aug. 12th: 9:00 a.m.-9:00 p.m., Halls and kitchen rented

Sun., Aug. 13th: 9:30 a.m., Parish Cupboard Sunday with Debra Shepard; 11:00 a.m., Church of Redemption

Mon., Aug 14th: 7:00 p.m., Property Committee

Tues., Aug. 15th: 7:00 p.m., A.A.; 7:00 p.m., Lay Minister-Membership at Matt and Evelyn's

Thurs., Aug. 17th: Newsletter deadline; 7:00 p.m. A.A.; 7:00 p.m. Church of Redemption Bible Study

Catholic Women's Club Plan Fall Art Auction

The Catholic Women's Club of Agawam will host a Ross Gallery Art Auction to benefit the club's scholarship fund on Saturday, October 14th at St. John's Parish Center, 233 Main St., Agawam.

Preview will be held at 6:30 p.m. with the auction starting at 7:30. Cost is \$10 per person or \$15 per couple. Refreshments and a raffle will be available.

For ticket information, call Mary Gontczaruk at 413-786-0283.

*"Church News" is just one more reason why you turn
our pages each and every week ...
ADVERTISER NEWS!!!*

News & Notes From Agawam Congregational

Sunday, August 13th, our service begins at 9:30 a.m. with Rev. Eisenbach speaking on "Forgive and Move On." Come join us for a time with the Lord with fellowship immediately following the service.

The Pastor and his wife, Barbara, are members of the Order of St. Luke, an international healing and prayer ministry. They are available and will pray with individuals after the service.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Wednesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

Appraisal Fair To Be Held September 7th, 3:00 to 7:00 p.m.

Back by popular request, the Fellowship Guild will be having its second Appraisal Fair. Bring in your treasured items and find out how much they are worth. The cost is only \$4 per item. No limit.

Free coffee and tea will be served. There will also be a Bake Sale Table, which will include all the favorite goodies. Come and bring a friend.

Douglas Bilodeau (Douglas Auctioneer) of So. Deerfield, MA will be the appraiser.

2001 Costa Rica Tour: Anyone interested in a guided trip to Costa Rica in the early part of the year, please call Bill Martin at 789-1063 for more information.

For more information concerning any of our events, please call the church office at 786-7111.



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Words and Music by Walt Harrah

Vocal Solo by Teri DeSario

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ALL OF US LIKE SHEEP HAVE GONE ASTRAY
EACH OF US HAS TURNED TO HIS OWN WAY
BUT THE LORD HAS MADE THE SIN OF ALL TO
FALL ON HIM
DESPISED, HE WAS REJECTED
TO DEATH SUBJECTED

Chorus:

INSTEAD OF ME
HE TOOK THE BLAME, THE MISERY
INSTEAD OF ME
HE SUFFERED SILENT AGONY
AND IN THAT FINAL BREATH
HE DIED ALONE THE SINNER'S DEATH
INSTEAD OF ME

WILLINGLY HE LAID HIS GLORY DOWN
TRADED WEALTH TO WEAR A PIERCING CROWN
TIL THE FATHER'S ONE DEMAND HE MET AT
CALVARY
ALONE, STRIPPED OF HIS MAJESTY
HE CRIED, "THOU HAS FORSAKEN ME"

(Repeat Chorus Twice)

INSTEAD OF ME

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Spotlight on Business

Chamber Seeks Super 60 Awards Nominations

The Affiliated Chambers of Commerce of Greater Springfield, Inc. is seeking nominations for its annual Super 60 awards program, sponsored by WGGB-TV News 40.

Now in its 11th year, the program celebrates the success of the fastest-growing, privately-owned businesses in the region who continue to make significant contributions to the strength of the regional economy.

Each year, the Super 60 program identifies the top companies in revenue growth and total revenue. Companies may be nominated by financial institutions, attorneys, accountants, or be self-nominated. To be considered for a Super 60 award, businesses must be independent and privately-owned and based in Hampden or Hampshire County or be a member of the ACCGS, produce revenues of at least \$1 million in the last fiscal year, and be in business for at least three full years.

Nominees must submit a nomination form which includes net operating revenue figures for the last three full fiscal years signed by an independent auditor or accountant. Financial institutions are eligible for

the program and must provide total asset figures. All financial information must be reported under generally-accepted accounting principles and will be held and considered confidential and will not be released without prior approval.

Nomination forms are available at the Chamber offices, 1441 Main Street, Suite 136, in downtown Springfield. Completed nomination forms must be received at the Chamber offices by Monday, August 21st.

The Super 60 awards will be presented at the annual luncheon and recognition program on Friday, October 27th from 11:30 a.m.-1:30 p.m. at Chez Josef. Dr. Martin Regalia, Chief Economist for the U.S. Chamber of Commerce, will be the keynote speaker and will provide insight into the economic health of industry and the nation.

For more information on the Super 60 awards or the nomination process, call the Affiliated Chambers of Commerce of Greater Springfield at (413) 787-1555.

Keenan & Molta Offers Special Senior Discount

Local seniors are being offered an opportunity to save thousands on the sale of their home through a unique initiative from Coldwell Banker Keenan & Molta Associates. The company is providing these special services in two ways. Keenan & Molta agents are undergoing special training to become Senior Specialists.

The company is also offering a **15 percent discount** on listing fees. "These offers are a way for us to thank our loyal customers who've worked hard to build up equity in their homes and now need to make some changes," says Bob Molta, President of Coldwell Banker Keenan & Molta Associates.

This thank you comes in the form of **Preferred Client Cards** sent to Western Massachusetts residents 55 years of age and older. It's an incentive for seniors who may have been hesitating to downsize to a smaller home or move to a new location to enjoy retirement.

Keenan & Molta's new initiative goes beyond sav-

ing money. The company is offering the services of **Senior Specialists**, agents who are trained to help seniors face the changes that come with moving to a new home. The company is also offering the moving and transition services of Barbara Perman's company, **Moving On**. Barbara and her trained staff will help seniors with all phases of a move, will assist in preparing homes for resale, and in making decisions about personal belongings and doing customized packing. Seniors will get 25 percent off the initial consultation fee.

Coldwell Banker Keenan & Molta Associates is the largest locally owned real estate company in Western Massachusetts, the second largest real estate company in the greater Springfield area. The firm is the principal broker for Cendant Mobility, the largest relocation company in the world. Five offices and approximately 75 sales associates provide comprehensive home selling, home buying, mortgage and relocation services to the greater Springfield area.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.

Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Negligence

Slip And Fall In Supermarket

Where a plaintiff customer (1) slipped and fell on a wet rug located in a puddle in front of a display case in a defendant supermarket's fish department and (2) sued the defendant for negligence, a judge acted permissibly in entering judgment for the plaintiff based on findings that the defendant had constructive notice of the hazard and did nothing to clean it up or warn customers about it before the plaintiff fell.

The plaintiff appeared at the deli counter of the defendant supermarket intending to proceed from there to the dairy section to purchase some milk. As she crossed in front of the fish department, she slipped and fell on a water-soaked rug in a puddle in front of a display case. That mishap caused a meniscal cartilage injury to her left knee and a shoulder strain.

The display case was a 12-foot wide, non-refrigerated unit in which various fish products lay in a bed of ice. Attached to the front of the case was an "extender," a smaller shelf or tray that protruded about 1-1/2 feet from the edge. Products placed inside the extender were also on ice. There was evidence that the fish case was filled with ice in the morning and that ice was replaced two or three times each day. There was no problem, i.e., no leak or unexpected drainage, but on occasion the store manager would observe ice on the floor in the vicinity of the fish case or extender.

The plaintiff left the store under the impression that she had not sustained any serious injury and assured a store employee who had seen her fall that she was fine. By the next morning, her condition had worsened. She reported the matter to the store manager five days later. Upon a bench trial, a Superior Court judge found in her favor and awarded \$42,000.00 in damages. The issues presented on appeal are whether the evidence was sufficient to support the judge's finding that the defendant was negligent and whether the damage award was consistent with the judge's findings of fact.

"One who controls business premises has an obligation to use due care to keep the premises provid-

SEE FERRIGNO - Page 22

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Wingate Health Care & The American Red Cross have teamed up to sponsor CNA training programs at our Wilbraham facility. This course will prepare participants for the CNA certification exam. Wingate at Wilbraham is offering scholarships which includes hourly pay and a course fee waiver for anyone participating in the CNA training. This program is available to anyone who is interested in pursuing a rewarding career in the healthcare industry. For more information, please call us at 413-596-2411.

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FERRIGNO - from Page 21

ed for the use of its patrons in a reasonably safe condition, or at least to warn them of any dangers that might arise from such use, which are not likely to be known to them, and of which the defendant knows or ought to know.' ... Any foreign substance, if unexpectedly encountered by a customer or other invitee on a floor, step, or walkway, can constitute a risk for purposes of imposing liability.

"Where water has accumulated on the floor of a business establishment as a result of improper supervision, its presence may constitute an unreasonably hazardous condition. ... To a large extent, liability depends upon the 'opportunity for discovery open to the defendant's employees by reason of their number, then physical proximity to the condition in question, and, in general, the likelihood that they would become aware of the condition in the normal performance of their duties.' ... Liability will only attach if the plaintiff establishes by a preponderance of the evidence that the foreign substance was there long enough that the defendant's employees should have seen it and cleaned it up. ... Here, the defendant makes a plausible argument that store employees could not have known of the melting ice or had an opportunity to remove accumulated water.

"In particular, the defendant points to the lack of evidence that the display case or extender tray drains were malfunctioning. Nor, the argument goes, could its employees anticipate from past experience that small quantities of ice occasionally dropping from the case and melting on the floor might cause injury.

"However, the judge's detailed findings, dictated at the conclusion of trial, are sufficient to establish liability. The judge found, among other things, that 'the extended ice case was filled by hand and at times, simply the process of customers picking up the items displayed, would occasionally spill some amounts of ice onto the floor.' Although sweeps of the entire store floor were performed on a regular basis, the judge found that the last sweep of the floor was at 10:00 p.m., or about 1-3/4 hours before the accident took place.

"Based upon that time frame, the obvious nature of the melting, and the fact that at least one store employee was near, the judge concluded that the defendant had constructive notice of the hazard."

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

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by Sue & Charlie Alvanos
Personal Financial Advisors
American Express
534-3883

Making Your Assets Work Harder To Provide A Retirement Income Stream

There's plenty of information and advice available about growing your investments over time. But, as you've probably realized, having a solid strategy for withdrawing your wealth in retirement is an equally important, though often neglected goal.

Focus first on your needs. As with other financial objectives, planning for retirement income starts with assessing your needs and then determining what you must do to meet them. If you're already retired, you can estimate your income needs by reviewing your past expenses and then projecting if and how they will change over the short term (one to three years) and longer term (more than three years).

You may have noticed that some of your expenses, like clothing and commuting, have decreased since you retired. Other spending such as travel, recreation, and hobbies may have increased. Looking forward, you may be planning a change in residence or more extensive travel. For the future, it also may make sense to anticipate higher spending on medical care and prescriptions. Whatever your situation, try to forecast your budget as accurately as possible to create your income goal.

To fully define your objective, also try to estimate how long you'll draw income from your portfolio. Unless you're in poor health, it's better to be conservative and assume you'll live longer than the average for your age group.

Review your income sources. Once you've updated your short- and long-term income goals, it's time to review what income sources you'll have over these time frames. If these sources fall short of your expected needs at any point, your plan should address how to fill the gap.

According to the U.S. Social Security Administration's *Fast Facts and Figures About Social*

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turn our pages
each and every
week ... AAN!!!*

Security, in 1998 U.S. retirees received an average of 38 percent of their income from Social Security benefits, 21 percent from part-time jobs, 20 percent from personal assets, 10 percent from private pensions, eight percent from government employee pensions, and three percent from other sources.

Fill any income gap. If your various income sources will not provide all the income you'll need over time, you'll have to find ways to reduce your expenses or earn more income. Even if your income sources are sufficient, it's a good idea to review your savings/investments to help ensure these assets are best allocated for your needs.

The mix of stocks, bonds, cash equivalents, and other investments you decide on should balance your desire for current income with your need for continued capital growth (you may live a long time in retirement, and the cost of living will likely continue to rise year after year). Early in your retirement, you may want a larger portion of stocks for growth and less in bonds, while later you'll probably want to increase your percentages of more stable bond and cash investments. A knowledgeable financial advisor can help you set an asset allocation that's suitable for your situation and adjust it as your needs evolve.

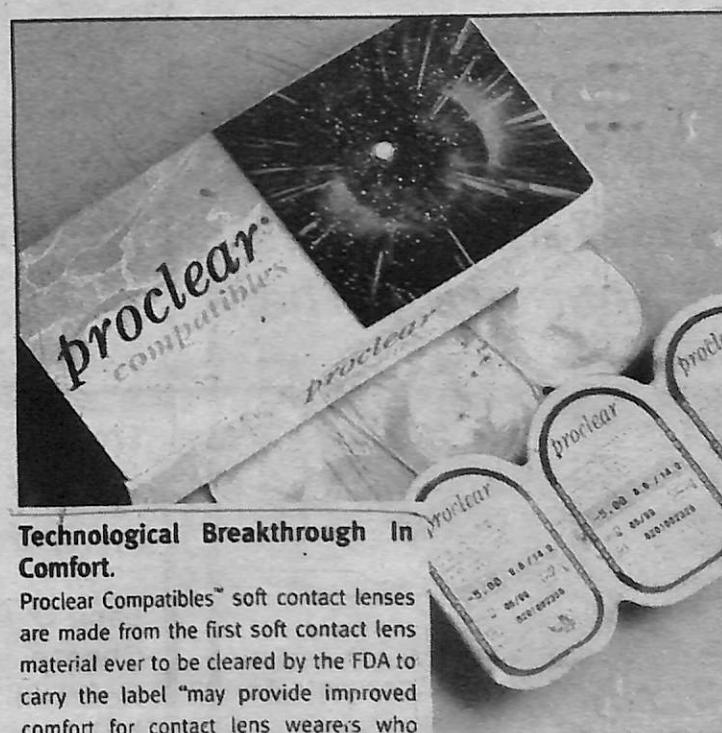
Plan for your retirement accounts. You will also want to look at your plans separately to help meet your income needs over time. For example, required minimum distributions are mandated for traditional IRAs by April 1st of the year following the year you reach age 70-1/2, and the tax penalty for not taking distributions can be steep. Other than required distributions, and depending on your tax situation, it may benefit you to tap other taxable accounts first and keep your IRA investments growing tax-deferred as long as possible.

Integrate your income and estate goals. While planning for your income objectives, you'll also want to consider your estate goals. Whether you intend to spend down your assets or prefer to pass them on to your heirs or charities, your financial plan can help you make it happen.

Retirement is a time to focus on friends, family, and new horizons. By planning to make the most of your assets, you can help ensure yourself an income stream that lets you live life to the fullest.

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Assistance Applications Now Available From SOMWBA

Senate Minority Whip Michael R. Knapik (2nd Hampden Hampshire District) is pleased to announce that he has applications and a schedule of pre-certification workshops sponsored by the State Office of Minority and Women Business Assistance (SOMWBA) available to constituents.

SOMWBA reviews the eligibility of minority and women business enterprises, and minority and female controlled non-profits, to participate in affirmative purchasing and contracting opportunities.

"SOMWBA certification is a *marketing tool* used to enhance a firm's ability to do business in public markets. Although certification does not guarantee that business will be successful every time it bids, it may add a competitive edge to a bid," said Knapik.

The Commonwealth of Massachusetts spends more than \$4 billion each year with businesses. Becoming SOMWBA certified can only help firms seeking contracts with the government. In addition, SOMWBA assists government agencies in meeting their affirmative action goals. It does this by providing business development assistance to certified companies through information on procurement opportunities and business resources.

Please contact Senator Knapik's office for a free application and schedule of SOMWBA workshops. Pre-registration for the workshop is required. The telephone number is (413) 562-6454 and the address is 57 North Elm Street, Westfield, MA 01085.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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to three-percent more on average than one that isn't covered.

The National Home Warranty Association reports that the investment can make your home more appealing and sell 50-percent faster due to the added appeal.

Call PAM SAVIOLI at (413) 748-7565 for your free EPS limited home warranty when you list your home with her. You can also receive information from her on the Internet at <http://pamsavioli.realtor.com>.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you. ADVERTISER NEWS!!!

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For Your Health

Medical West Donates Heartpower! Kits In Agawam

Medical West Associates recently donated \$2,500 for the purchase of American Heart Association (AHA) Heart Power Kits for the children in Agawam Public Schools, grades kindergarten through eight.

The funds will supply the schools with the Heartpower! Kits to teach about how the heart works, nutrition, the importance of physical activity, and living tobacco-free. Approximately 3,000 children will have the opportunity to benefit from the program.

John Camus, Vice President of Operations at Agawam Medical West Associates, presented the check to Mike Pestana, Director of Community Program for the AHA, for the purchase of the kits. Agawam Mayor Richard A. Cohen, Kathleen McSweeney, Director of Athletics, Physical and Health Education in the Agawam Schools, and Mary Czajkowski, Assistant Superintendent for Education Services, were on hand to receive the Heart Power Kits.

Pestana, referring to the Medical West grant, said, "We know how important it is to reach our young people. One-third of American children are obese. One in 10 Americans reports getting daily physical activity of 30 minutes or more. Nine-million children live with at least one smoker in the home. And, a national tragedy, every day, 3,000 young people in this country become smokers. It's time to change that. The American Heart Association applauds Medical West for being a partner in saving lives, beginning with our youngest citizens."

Medical West's Community Relations Specialist Emily Lewis explained, "Medical West's involvement with the good health of its neighbors in the Agawam community is a commitment beyond the walls of our physician practice. Taking steps to help educate Agawam's youth through the schools' curriculum with the Heartpower! Kits is part of this commitment."

For information about health heart activities or information, contact the American Heart Association at 827-0400. The Agawam Medical West Associates is located at 230 Main Street.

Mercy Hospital Hosts Cancer Support Group

Persons with cancer, their families, and friends are invited to attend Mercy Hospital's Cancer Support Group. The free meetings are conducted Mondays at 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St.

The group offers information on topics of interest to cancer patients, and provides an opportunity to share experiences in a friendly, supportive atmosphere. Meetings are facilitated by Sr. Madeleine Joy, S.P., of Mercy Hospital's Pastoral Care Department.

For more information, call the Pastoral Care Department, (413) 748-9453.

*Our deadline is each
Tuesday at 12:00 noon;
however, we appreciate
any articles, press releases,
letters, etc., that can be
brought in on Mondays.
Thank you for your cooperation
in this matter ...
ADVERTISER NEWS!!!*



MEDICAL WEST ASSOCIATES DONATED \$2,500 for the purchase of American Heart Association Heartpower! Kits to benefit the Agawam Public Schools. In photo above (from left), John Camus, vice president of Operations at Medical West, presents Mayor Richard A. Cohen with a check as Kathleen McSweeney, former director of Athletics, Physical and Health Education in the Agawam Public Schools (now deputy principal of AHS); Mary Czajkowski, assistant superintendent for Education Services; and Michael Pestana, director of Community Programs, American Heart Association, look on. Advertiser News photo by Kathy Shepard.

Bereavement Support Group Meets At Mercy Hospital

Persons who have experienced the death of a partner are invited to attend the next meeting of Mercy Hospital's bereavement support group, Saturday, Aug. 19th. The "Being Alone" group will meet from 10:00 a.m.-12:00 noon, in the hospital's Deliso Conference Center, 299 Carew St.

Sr. Madeleine Joy, S.P., of Mercy's Pastoral Care Department, facilitates the free meetings, which focus on issues of grief, mourning, and recovery.

Registration is required; for more information, call (413) 748-9453.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year.

CALABRESE FARMS

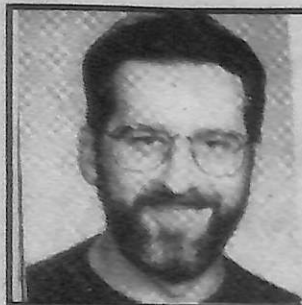
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An Abundant Entry...

Last week I struggled to be in the present anticipating the birth of our fifth child. It was very difficult waiting, but well worth the wait. Connor Joseph is now with us; 7 lbs., 11 ounces strong, strawberry blond hair, fair skin, 21 inches, and healthy. A true blessing!

His name has special meaning to us: Connor (*high desire*) and Joseph (*abundance*). His name speaks of our hopefulness for him to lead an **abundant life of desire into goodness**.

As I reflect on our experience this past week, I can't help be overwhelmed by the abundant living that has taken place. So many people played a part in our experience. Some first-hand with child care, some in the actual delivery, and so many others with calls and prayers of encouragement and support. For all these, my family is so appreciative.

I received an e-mail from a young person asking if we had the baby yet and wondering if I could describe the experience. I've thought hard and long. The best image I could think of for this young person is comparing the birthing experience to the thrill of the popular Six Flags ride - Superman. The excitement and anticipation of going up makes the thrill of sloping over and then down the first hill all worth it. The thrill of the rest of the track provides a great payoff for the build-up of waiting over an hour and a half to board the ride.

Well, the experience of birthing a baby (at least from this father's perspective) far exceeds the thrill of this or any other coaster ride. I participated in all facets of the experience as best I could. The most amazing part of it all was witnessing the progression toward the delivery (approximately one hour for laboring from four to eight centimeters, and then about 20 minutes to progress from eight to fully to delivery).

The quickness in itself was expected, but delivering intact, without tearing, and going naturally without use of any pain medication once again, was simply amazing to me.

My wife displayed an unbelievable ability to feel the experience totally, taking many moments away from eye contact with me, to go into states of focus and visualization, breathing and pushing that had one clear, common purpose - her ability to have herself in this most critical experience. She took painstaking care of *allowing* in the support and encouragement from the gathered team, while seemingly always maintaining her connection with herself and her baby.

This process had its moments of uncertainty and anxiety. Connor came fast and was bruised. His fetal tracing was lost prior to delivery. Then the cord was swiftly removed from around his neck after crowning. Moments passed of intense pushing, spreading of legs and deep breathing, all culminating in the ride of my life. I was in awe seeing baby and Mom hugging almost immediately after all their hard work.

I cut the umbilical cord, then stayed with Mom to hug and kiss in celebration. We anxiously looked on as the team tried to get Connor to take that first deep breath and produce that infamous piercing first cry. It finally happened and we breathed more easily. He was cleaned and wrapped up in his snugly blanket. His two big brothers and sister soon joined us at bedside for their first visit. Word quickly spread throughout the hospital and neighborhoods - Connor Joseph is born.

Yet, in these past few weeks, we mourned the passing of our town's own Kent Servis; the 50th anniversary of dropping "the Bomb"; the recovered missing body floating in the Connecticut River; and so on. The paradox of life side by side with death is an essential part of our challenge to live as *abundant a life of goodness* as possible. **The complexity of life side by side with death.**

Dan Pender, MA, MFT has a private practice as a Marriage & Family Therapist. He is a Clinical member of the American Association of Marriage & Family Therapy. He can be reached by e-mail at dpmft449@aol.com or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460.

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Mercy Hospital's Pastoral Care Department.

For more information, call the Pastoral Care Department, (413) 748-9453.

Dr. Buddy L. Denison Honored...

Local Dentist Named One Of Country's Best

Consumers' Research Council of America is pleased to announce that local dentist, Dr. Buddy L. Denison of Agawam, has been selected for inclusion in the book "Guide to America's Top Dentists."

This consumer-oriented publication is designed to help educate and assist people in understanding the dental health care industry by containing a wide array of dental-health care information. Most importantly, it contains the directory of America's Top Dentists.

The selection process used a point value system. Points were awarded for years of experience, continuing education, and affiliations with professional dental associations. Only the top dentists with the most accumulated points were selected for the publication.

The Consumers' Research Council of America is a private research organization that provides consumers information in regards to the health care industry. Its purpose is to help educate and assist consumers in obtaining the finest medical and dental care possible.

Dr. Denison practices general dentistry with an emphasis in cosmetics, restorative, and TMJ therapy at 46 Suffield Street.

Smoking Cessation Support Group At Mercy Hospital

A support group for persons interested in quitting smoking meets Mondays, 6:00-7:00 p.m. in the fifth floor conference room at Mercy Hospital, 271 Carew St.

Sponsored by the Providence Hospital Tobacco Control Program, the group offers services including individual counseling, cessation groups, alternative health referrals, education and motivational support. Free nicotine patches and gum may also be available for qualified participants.

For more information, call the Tobacco Control program, (413) 493-2039 or (413) 535-1000.

- ADVERTISER NEWS -

An Abundant Entry...It's a Boy!

Read more about this in today's FOR YOUR HEALTH column.

from

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Your Back And Your Health

by
**Dr. Joseph S.
Schlaffer**
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

The Power Of Unmanaged Stress...

Uncontrolled or unmanaged stress can show up in various regions of the body. Commonly, a stiff neck, a sore back, aching muscles, a digestive problem, or other "mysterious" ailments when severe enough are a cause for concern. Recurring headache is another common manifestation of stress.

A stress reaction may seem unrelated to a physical cause. Yet, it can affect everyday routine to the point of making life miserable: you lose sleep, you wake up tired, you feel overwhelmed by simple tasks, and you succumb to feelings of depression and anxiety.

Stress is very powerful. A patient who comes to a chiropractor because of physical pain may not be aware that the pain is the symptom of a stressful situation.

As the patient's body is being subjected to unusual pressures, the resulting tension causes the muscles to get tighter and tighter.

Muscles of the back and neck are attached to vertebrae that make up the spinal column. As the muscles tighten up, vertebrae become immobile - a condition in which nerves may be impinged and the normal transmission of nerve energy is obstructed. The resulting pinched nerve can trigger headaches; a pain in the neck, arm, or shoulder; or any other area controlled by that nerve.

A pinched nerve can also cause a malfunction of one or more organs connected to the central system by the afflicted nerve. The resulting pain causes more stress, which in turn causes more pain.

A doctor of chiropractic can help break the cycle of pain by treating the pinched nerve. This is done by first locating and then correcting the existing cause. Treatment may include spinal adjustments. Muscles can then relax (as does the patient), and the cycle is broken.

For additional information, please contact the SCHLAFFER CHIROPRACTIC OFFICE at 192 Shoemaker Lane, Agawam, MA 01001, (413) 789-1369.

Programs Offered At Noble Hospital

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

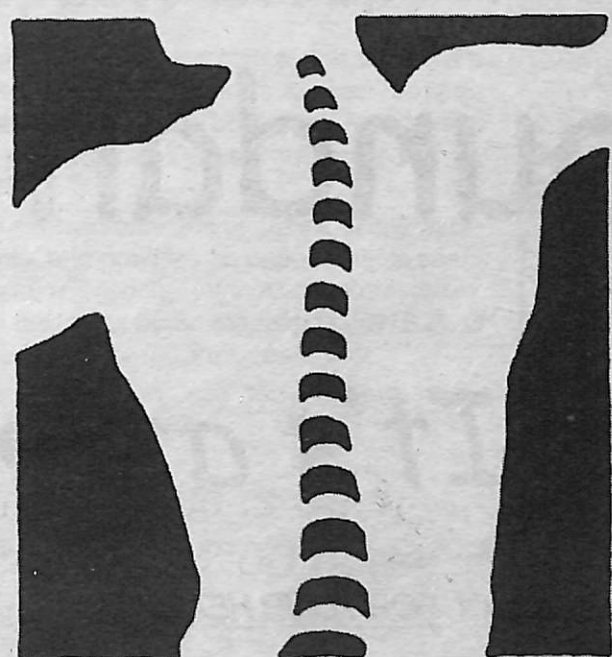
National Safety Council First Aid and American Heart Association Healthcare Provider CPR: Saturday, August 19th, 8:00 a.m. to 5:00 p.m. At the Noble Hospital Education Department.

For teachers, health care personnel, lifeguards, recreation workers, fitness instructors, and others who need First Aid and CPR certification for their jobs.

The cost is \$65. Call the Noble Hospital CPR Line to sign up at (413) 572-5172, or the Education Department with any questions at (413) 568-2811, ext. 5572.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

CHIROPRACTIC Helps your body heal itself



Dr. Tami Nelson
Hampden County Chiropractic
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786-4820

Agawam Support Group Sponsored By The NAMI-WM

On the last Monday of each month, a support group sponsored by the National Alliance for the Mentally Ill of Western Massachusetts is held at the Agawam Council On Aging, 68 Meadowbrook Manor, from 7:00 to 9:00 p.m.

Groups sponsored by the NAMI-WM are facilitated by persons who have had years of experience with mental illness, either directly or as family members of an ill person. At most meetings, there will be people present who have varying degrees of experience and knowledge about mental illness. Others have only recently faced the problems created by mental illness.

The support group meetings are intended to supply emotional support and information. Discussions are honest and open, but no one is expected to talk about anything he or she would rather not discuss. *Everything said at these meetings is kept confidential.*

If you are interested in joining and would like to receive more information about the support group, please contact Lucille Drewnowski at 786-1236.

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From Baystate Health System....

Beating That Summer Heat

Don't let the summer heat slow you down.

Dr. Philip Henneman, chairman of Emergency Medicine for Baystate Health System, suggests these easy to follow, but important, hot weather tips to keep you safe and healthy so this summer, the heat will not beat you.

* Stay out of direct sunlight and avoid strenuous activity.

* Postpone athletic activity during periods of high heat and humidity.

* Wear lightweight, light-colored, loose-fitting cloth-

ing and a hat when outdoors.

* Drink plenty of liquids - begin drinking before you go outside and, if exercising, drink one quart of liquids an hour to replace lost fluid.

* Avoid caffeinated beverages and alcohol.

"The very young and very old are at particularly high risk in hot weather because both have the least ability to regulate their body temperatures," Henneman said.

He said warning signs of an oncoming heat-related illness include

* excessive sweating

* flushed skin

* nausea and vomiting

* dizziness

* headache

* rapid pulse

If these symptoms occur, get out of the heat and drink liquids. If you don't feel better soon, call your doctor or visit your local emergency department.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.

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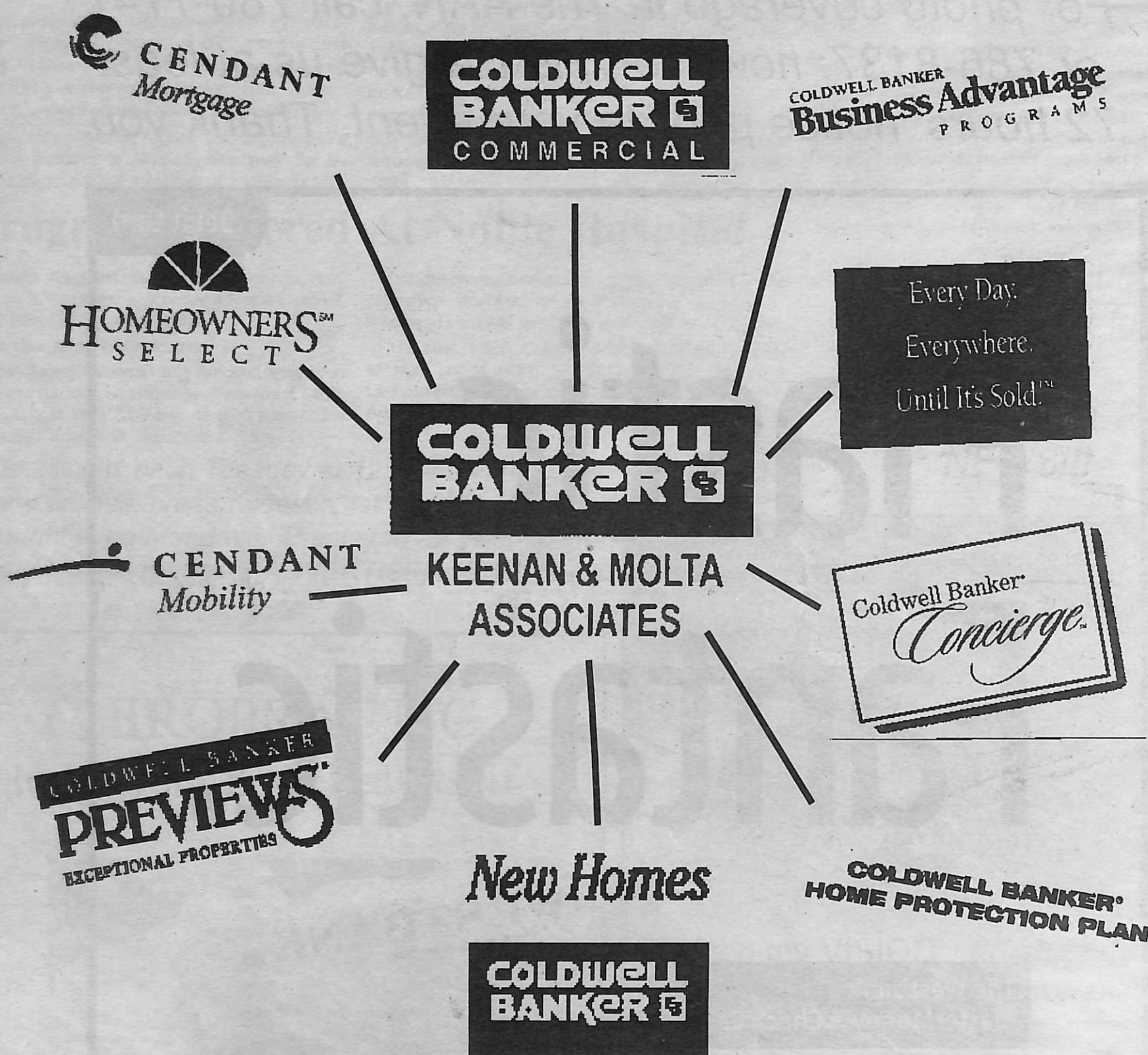
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Arts



RANI ARBO

Rani Arbo To Perform At Veterans' Green

Fans of bluegrass and old style traditional American music will get a rare glimpse of one of the region's premier talents when Rani Arbo performs at Veterans' Green on Wednesday, August 16th at 7:00 p.m.

For several years, Rani has developed a national following as the lead vocalist for one of the area's most popular bands, Salamander Crossing, which broke up last year. Her performance with that group included a show at New York City's Radio City Music Hall.

Well-known for her sweet melodic voice and incredible fiddle playing, Rani and her new group recently performed at the Iron Horse Music Hall and at several national folk festivals.

The night's entertainment is sponsored by Canary Blomstrom Insurance. The free, summer-long series is sponsored by the Agawam Cultural Council and Agawam Rotary Club. For additional information, call 789-7393 or on the web at www.agawamcc.org.

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ORPHAN CHILDREN FROM NEW YORK prepare to be "placed out" to mid-western families aboard an Orphan Train in STAGE's original production of "Westward Bound," written by Suffield's Lyle Pearsons.

STAGE Holds Last Performance Of Summer Theatre Series For 2000 Season

On Sunday, August 6th, the curtain closed on the final performance of STAGE's Summer Theatre series after a sellout weekend of "Westward Bound."

STAGE Theatre camps, which operate out of The Red Door Theatre in Feeding Hills, presented three original productions this summer; "Pan of Neverland," "The Enchanted Melody," and "Westward Bound."

One-hundred eighty-five children attended the three two-week camps and the two one-week junior camps. The camps culminated in public performances, which often sold out and received standing ovations.

The successful theatre camps are operated by Lyle

Pearsons of Suffield and Margie Secora of Southwick. They are assisted by camp counselors Megan Banks of Granville, a second-year student at Bennington College, New Hampshire; Nick Duquette of Longmeadow, who will be attending Dartmouth University; and Tim Eberle, a senior at Westfield High School.

STAGE Theatre is now in its 11th year and operates year-round, offering after-school and vacation camps for eight to 15 year-olds and Saturday morning drama workshops for five to seven year-olds.

Anyone interested in attending this award-winning children's theatre or wishes more information about The Red Door Theatre may call (413) 789-2026.

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The Magic Of The Big Top Circus Returns

The Roberts Bros. Circus returns to Feeding Hills on Wednesday, August 23rd. Roberts Bros. Circus is family-owned and operated and is dedicated to entertaining the child in all of us. This circus has toured the United States since 1974. With a crew of about 45 people, the circus will change an empty field into a magical wonderland for the day.

The performance this year will be held under the Roberts Bros.' 170-ft.-long, custom-built Big Top, especially designed to house all three rings, but yet making every seat in the house a "ring-side seat." This year's 90-minute, action-packed performance features, direct from Bulgaria, the acrobatic tumbling troupe of the Petrovi's, the Jenzac Duo performing their aerial stunts above the circus ring. Also featured this year, back from his recent tour of England, is the comedy antics of "Checko." Checko combines European-style clowning and pantomime to create his own distinctive character that will keep the audience in stitches. Other acts include aerialists, high acts, jugglers, Liberty horses, cute and cuddly poodles, the performing elephant, and much more.

The circus will erect its giant tents at the POLISH AMERICAN CLUB GROUNDS, 139 SOUTHWICK ST. Show times are 5:30 p.m. and 7:30 p.m. There are many things to do on the midway prior to the performance, including a free concert with the air-powered Stinson Caliola Organ.

A free tour is offered at 9:30 a.m. circus morning.

This is great fun for school groups and individuals to watch the circus tent being set up. You may even be in time to have breakfast with the circus elephant and



THE COMEDY ANTICS of "Checko" on tour with the Roberts Bros. Circus.

some of the other animals. No prior arrangements are necessary.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...
ADVERTISER NEWS!!!

"The Food Dude"

by John Walters
WHYN AM 560



What Are "Supremes D'Voila"???

This week's column will focus on "Supremes D'Voila," or (simply put) chicken breasts in cream sauce. For this dish, you will need nice, boneless, and skinless chicken breasts. Pound them out nice and thin. Coat them with an egg batter and then a nice, light breadcrumb. The chicken breasts should remain unseasoned; let the sauce bring the flavor out in the chicken.

Brown the chicken in olive oil. Drain on paper towels, then cover them in this sauce. Combine 2 TB shallots minced, 2 TB butter, salt and pepper to taste, and a TB of Worcestershire.

Saute the shallots in the butter, season them, and add your Worcestershire. When all is together, drop in your chicken. Now, for the crowning touch, add enough cream to just start to cover the chicken pieces. Bring it to the simmer. Flip chicken and simmer just a minute. Place over egg noodles. Pour sauce over chicken and serve.

Working with chicken breasts is so versatile. The chicken really takes on the flavors of the sauce. Start your chicken out as above. Now for the sauce: a pound of sliced mushrooms, 3 TB butter, 1/2 C chicken broth, 1/4 C fresh parsley, 1/2 Tsp. red pepper flakes, and black pepper to taste. Just add a pinch of

SEE FOOD DUDE - Page 32

Agawam Chapter of Unico National

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A "King"-Sized Request...

I received a request for Stephen King films, so I've selected three of my favorites from his repertoire. Novels do not always translate well to the big screen, but King has enjoyed a handful of successful theatrical renditions of his popular novels, and below are among the best.

* "Carrie": 1976, Rated R.

Brian DePalma directed this thriller starring Sissy Spacek in the title role about a teenage girl who uses her telekinetic abilities to seek revenge against classmates who taunted her. The film also stars John Travolta, William Katt, and Amy Irving.

Much of this film's strength is drawn directly from Spacek's mesmerizing performance. Though much of the film is quite overdramatized, it does deliver the necessary chills to keep the audience tension level high. Anticipation is clearly the lure in regards to plot development, since the viewer watches as Carrie is subjected to the cruelty of her classmates. Waiting for her predictable (but necessary) retaliation helps retain audience involvement until the climax, where the audience gets its wish two-fold.

I mentioned the then-unknown abilities of Spacek, in which she acts with such an attitude of fortitude that it is hard to find even a blemish in her performance. The film would probably have been half as successful with someone else in the lead. This notion is especially reinforced in the scenes with her mother and during the over-gory but satisfying finale.

"Carrie" proves to ultimately be a very simplistic and formulaic film made entertaining by Spacek's powerful screen presence. This alone makes it worth watching ... if you have a strong enough stomach to tolerate the campy gore sequences. 3 STARS.

* "The Shining": 1980, Rated R.

Jack Nicholson stars alongside Shelley Duvall in this riveting thriller based on King's book of the same name. This film solidified the film potential of King's material and set the stage for a montage of other King films released in the 1980's.

Nicholson plays the caretaker of a resort hotel during the off-season and Duvall plays his wife. We then see him begin to lose his sanity as each day passes. The sheer terror felt by the viewer during these scenes is inexplicable. We know something is going to happen, but we've no idea of how, why, or where.

Acclaimed director, Stanley Kubrick, exploits this uncertainty with the viewer through the use of imagery and photography. Such devices include a dreary weather setting, long and empty corridors, and close-ups of Nicholson's oftentimes demonic face. Kubrick successfully makes the viewer very vulnerable and, consequently, at his mercy.

Nicholson's deranged performance is absolutely impeccable, especially during the second act of the film. The finest example of this is the now-classic scene where he axes through a door and insanely

quips, "Here's Johnny!" The tone of the film is also key. A mood of utter hopelessness surrounds virtually every scene and accentuates Kubrick's attempts at creating fear within the viewer.

"The Shining" fuses Kubrick's praised direction, Nicholson's primal performance, and Stephen King's bizarre mind into one very spooky picture. This may be the best Stephen King novel adaptation to date. 4 STARS.

* "Misery": 1990, Rated R.

Just when I thought I'd seen my favorite Stephen King movie with "The Shining," along comes "Misery." Kathy Bates stars with the talented James Caan in this unbelievably tense thriller directed by Rob Reiner.

After a car accident in the snow, a famed romance novel author is rescued by his "Number One Fan," played wonderfully by Bates. While recuperating at her home, he slowly begins to see how abnormal his "nurse" really is. Driven by an obsession with the fictitious characters he created, Bates' character begins to torture the immobile author while he is bed-ridden in an effort to force him to write a follow-up novel that resurrects her now-deceased idol.

Kathy Bates so took the world by storm with her performance in this film, that she won an Oscar for it. James Caan is equally brilliant as the luckless author.

Much of the film's impact, like "The Shining," comes from the unpredictable and unstable mentality of the principal character. Reiner opted to present her horrendous acts upon Caan's character in a slow and systematic fashion, enabling the suspense to build to a near-intolerable level. Caan's various plots to escape also create some dramatic scenes in the film.

Although I generally find Stephen King films to be very repetitive and drawn out, I must say that this film is one of the few exceptions to my findings. "Misery" does indeed love company, but unfortunately for King, there are only a couple of his films worthy of accompanying this one home with you from the video store. 4 STARS.

* "PISANO'S PICKS" REVIEW GUIDE: 5 STARS - Extraordinary; 4 STARS - Excellent; 3 STARS - Good; 2 STARS - Average; 1 STAR - Watchable; 0 STARS - Avoid.

Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisano, P.O. Box 263, Feeding Hills, MA 01030.

FOOD DUDE - from Page 31

sea salt.

Saute shrooms in the butter, add your seasonings, now the chicken broth, and a 1/2 C white wine. Place your chicken in the mixture and heat through.

Chicken parm is the same recipe; the only difference is the sauce. After the chicken is fried, arrange in a baking dish, add your pasta sauce, cover with your cheese, and baked 'til sauce is hot throughout and the cheese is melted.

People tell how they boil their poultry before using it in dishes. Please ... never boil poultry unless you're making soup! You take all of the taste and the nutrients out when you boil and toss out the liquid.

Overcooking chicken is the other problem I think many have. It's true - chicken has to be cooked all the way through - but you still have to eat it. Some of the chicken I have had, you could resole your shoes and go a million miles before you wore a hole through.

When you cook with skinless chicken, it is much easier to dry it out. If you are going to grill the chicken and are watching your fat intake, use some Pam or greaseless spray to give a coating to the chicken before you put it out on the grill.

If you really want to help out your arteries, then eat a grapefruit every night and eat the white pith between the fruit and the skin as well. It is full of pectin and it will clean out your arteries.

As for BBQ chicken, please, please cook the chicken all the way before you add the sauce. All BBQ sauce from a jar is tomato and sugar; the sugar burns and you get an inferior finished product.

Next week, I am going to rebuttal a recent newspaper column about BBQ rib places here in Western Mass.

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

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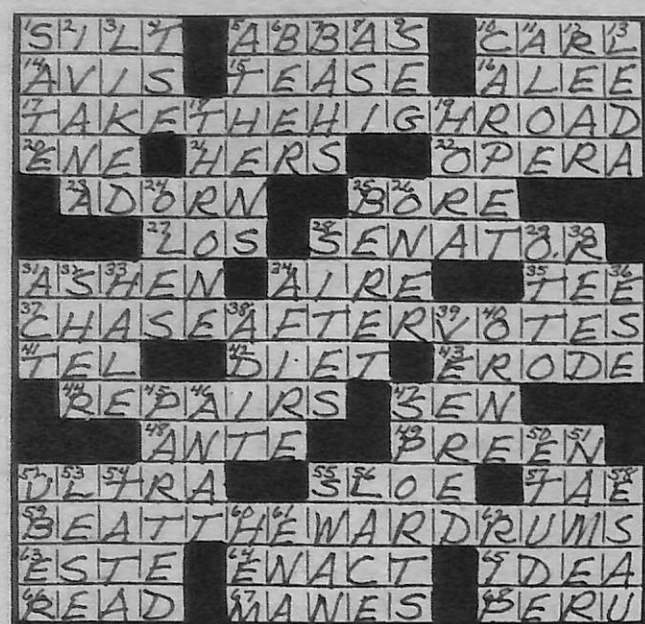
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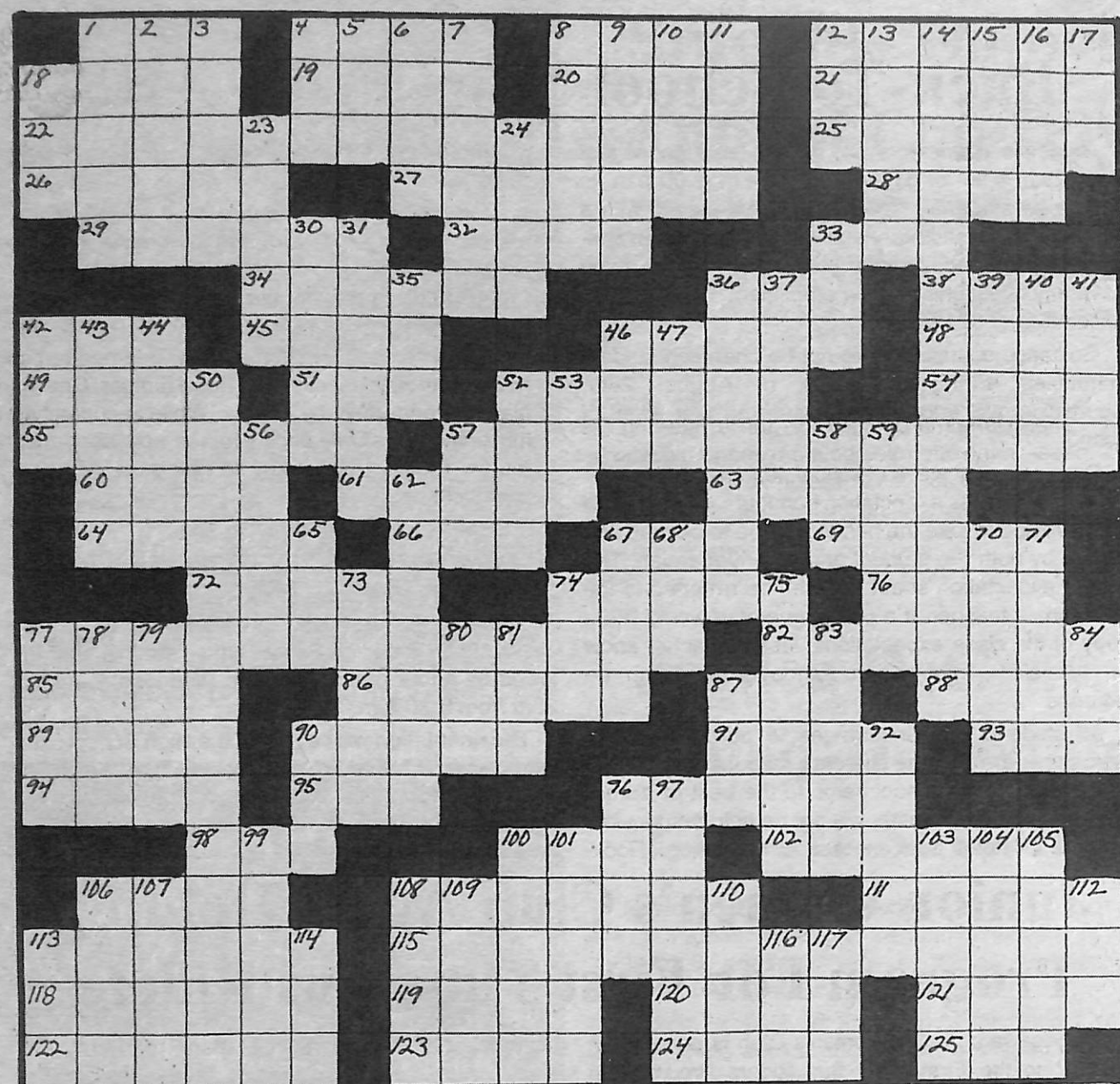
- 1 Not hers
- 4 Soprano Gluck
- 8 Cooking fat
- 12 Panda's diet
- 18 Sacrificial hit often
- 19 Ogle
- 20 Lotion ingredient
- 21 Actress Stritch
- 22 Buster Keaton's forte
- 25 Mailroom worker
- 26 He played Moto
- 27 Motorcycle add-on
- 28 Above
- 29 Dubbers
- 32 Word with up or off
- 33 Compass heading
- 34 Untouchables
- 36 Boxing assoc.
- 38 Whip
- 42 Pine relative
- 45 Knife of yore
- 46 Severe in manner
- 48 Conductor
- Klemperer
- 49 Not up
- 51 Edison's monogram
- 52 Pact
- 54 _ Bator, Mongolia
- 55 Indy 500 entry
- 57 Julia Child specialty
- 60 Pass judgement
- 61 Watts' fuel
- 63 Kingly domain
- 64 Winter wheat
- 66 Actor Alejandro
- 67 Summer quaff
- 69 Practice thrift
- 72 Near
- 74 "___ Grows In Brooklyn"
- 76 "___ Of Honey" (song title)
- 77 Walt Disney pleasures
- 82 Wanted
- 85 "The Time Machine" people
- 86 Wear away
- 87 Football's Luckman
- 88 "Just passing" marks
- 89 Olaf var.
- 90 Steak cut

- 91 Pun or fun extender
- 93 Atlantic flier
- 94 Infamous marquis
- 95 Andy Capp favorite
- 96 "___ Alone" (movie)
- 98 Matched pair
- 100 Sit for
- 102 Large linen collar
- 106 New England's NFL team
- 108 Math quantities
- 111 Please greatly
- 113 They bring ships to port
- 115 H. Ford's contribution to business
- 118 Actress McArdle
- 119 Gaelic
- 120 Algerian port
- 121 Singletons
- 122 _ the course
- 123 Small bird
- 124 Tear
- 125 Streets (abbr.)

DOWN

- 1 Wyandot
- 2 Inside of (com. form)
- 3 Actress Gale
- 4 Matterhorn
- 5 Meadow
- 6 "___ Room" (door sign)
- 7 More creative
- 8 Cripples
- 9 Wonderland visitor
- 10 Italia's capital
- 11 Forest animal
- 12 Egyptian god of pleasure
- 13 Crazy as __
- 14 Mozart's gift
- 15 Orthodontist's concern
- 16 Unique person
- 17 Over to a poet
- 18 French formal dance
- 23 Senses
- 24 Harem rooms
- 30 Oscar de la _
- 31 Fisherman's lances
- 33 Fabray to friends
- 35 Yeti's shoe width
- 36 "___ Kings Of Orient..."
- 37 Utah national park

Meet The Master - by Dick Mastroianni...




- 39 King of Huns
- 40 Musial of baseball
- 41 Sharpen
- 42 At a distance
- 43 Building beams
- 44 Sum up
- 46 Kennedy for one
- 47 USAF group
- 50 E.S. Gardner prose
- 52 Waiter's platter
- 53 Sleep unit
- 56 Pablo's instrument
- 57 Service charge
- 58 One-time Mid-East org.

- 59 Lower intestines
- 62 Quiver
- 65 Me _
- 67 Suit to _
- 68 AMA members
- 70 Fathers
- 71 Dueling swords
- 73 Slow mover
- 74 Assist
- 75 Newspaper big-wig
- 77 Business VIPs
- 78 In the manner of
- 79 Bob and Bing's milieu
- 80 Mine extraction

- 81 Large container
- 83 Dropsy
- 84 Summer hours
- 87 Hushing sound
- 90 Jack Sprat's no-no
- 92 Early musical instrument
- 96 Urgent shipping instructions
- 97 Overwhelming dread
- 99 Ms. Lauder
- 100 Out of date
- 101 Cub reporter
- Jimmy

- 103 Choir members
- 104 Sully
- 105 Sioux
- 106 Half _ (small one)
- 107 Actor Alan
- 108 Small duck
- 109 Singer Vikki
- 110 Achy
- 112 Printing measures
- 113 Dance step
- 114 Down in the dumps
- 116 Rather of TV
- 117 German conjunction

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Education

Back-To-School News From AHS

Guidance counselors will be available on August 28th, 29th, 30th, or 31st from 8:00 a.m.-2:00 p.m. to enroll new students. New students will sign-in with a guidance office secretary and will be helped on a first-come, first-served basis for proper registration. If you have any questions on new enrollment, call the guidance office at 821-0527.

Guidance counselors will not be changing student schedules during the week of August 28th. Counselors will address this issue the first week of school.

During the first week of school, teachers will be giving students class expectation handouts. Students will be instructed to take the handout home to be read and signed by both the student and parent/guardian. The signed expectation sheet will then be returned to the appropriate teacher. If a parent/guardian would like a copy of the class expectations, let the teacher know on the class expectation handout that is to be returned.

All students are encouraged to purchase locks. Remember that it is the student's responsibility to protect personal and school items to the best of his/her ability. The administration will not be held responsible for material stolen from a locker. Also, sharing of lock-

ers is prohibited. When this occurs, problems of theft result.

Just in case it slipped your mind, the High School starts promptly at 7:25 a.m. It is imperative that you leave home early since excessive tardiness to school will result in disciplinary action.

AGAWAM HIGH SCHOOL SCHEDULE DISTRIBUTION

Your 2000-2001 school schedule will be given to you on Tuesday, September 5th, the first day of school. Student schedules will be available at the following locations: SENIORS - GYM; JUNIORS - CAFETERIA; SOPHOMORES - ROTUNDA AREA; FRESHMEN - AUDITORIUM.

AGAWAM HIGH SCHOOL FRESHMEN TOURS

Members of the Class of 2004, along with their parents/guardians, are invited to attend an orientation session with the High School administrative staff followed by a tour of the school on Wednesday, August 23rd from 8:30 a.m.-10:00 a.m.

The orientation will be held in the High School cafeteria, where the administrative staff will highlight important information that will be instrumental in making the freshman year a successful one both educationally and socially.

Local Students Earn Degrees From WNEC

The following local students were among those receiving degrees from Western New England College this past spring:

Michael D. Cleavall of Springfield, the son of David & Ruth Cleavall of Agawam, received a Master of Business Administration; **Kathleen Hudzikiewicz** of Feeding Hills, the daughter of Daniel & Nancy Manning Hudzikiewicz of Feeding Hills, received a Juris Doctor. While at WNEC School of Law, Hudzikiewicz was a member of Law Review, received the Katherine M. Connell Scholarship, and was a member of the Woman's Law Association and Phi Alpha Delta.

Alison Ann Reseigne of Agawam, the daughter of John & Barbara Reseigne, received a Bachelor of Science in Business Administration. While at Western New England College, Reseigne was a member of the womens' soccer team (captain, senior year), two-time Regional All-American, All Conference GNAC First Team, GNAC - All Tournament - First Team, NEWISA - All New England Division III, and Best Defensive Player (two times), Emerging Leaders Program ('97-'98). **Donna A. Tapply** of Agawam, the daughter of Warren J. and Ann Tapply of Westfield, received a Bachelor of Science in Business Administration.

Western New England College is a private, independent, coeducational institution founded in 1919. Undergraduate and graduate programs are offered through the College's Schools of Arts and Sciences, Business, Engineering, and Law.

Please remember to patronize your local businesses ... ADVERTISER NEWS!!!

Junior Women's Club Again Holding Program For First Time Bus Riders

The Agawam Junior Women's Club is once again sponsoring the First Time Bus Riders Program on Thursday, August 24th, at 9:30 a.m. at the Agawam Public Library, 750 Cooper Street.

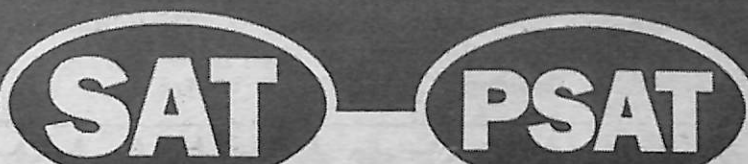
The program features the "Safety Bug" and is designed for Agawam and Feeding Hills children who will be taking a school bus for the first time this year. This program is in addition to the school's Let's Get

Acquainted Kindergarten Orientation Program.

Information is available by calling Donna Shibley at 786-3888. Sign-ups will be available at the Library. Parking is available at the Agawam High School.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs, Junior Membership.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st...



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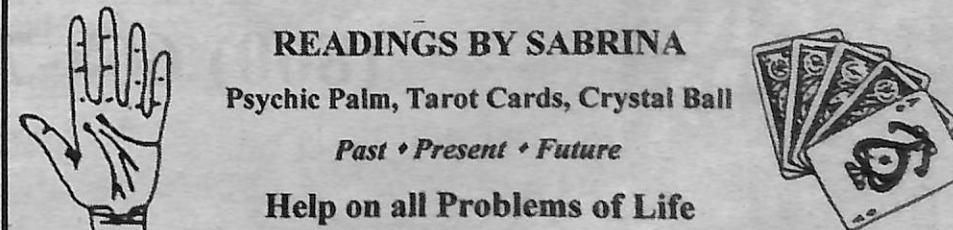
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MATTHEW STELMA KICKS A BASE HIT for the first-grade red team during James Clark School's Annual Fun Day, held at the end of the school year.

James Clark Students Enjoy Annual Fun Day

James Clark students enjoyed their annual end-of-the-year Fun Day this year with perfect outdoor weather. The sun was shining as the students started their day with brown bag lunches eaten outside before participating in an afternoon of various games and activities.

The stations included relay races, an obstacle course, capture the flag, soccer/kick ball, and the students' favorite, the carnival toss tames (of course, this area was also the stop for the icy freeze pops).

Students were divided into teams by grade and t-shirt color to compete in the different activities.

The afternoon was complete with the students receiving James Clark water bottles before heading back into the school.

Jessica DeGray Named To Dean's List At Suffolk

Jessica DeGray of Agawam was named to the Dean's High Honor List for the spring semester of the 1999-2000 academic year at Suffolk University's College of Arts and Sciences in Boston.

In order to qualify for the Dean's High Honor List, a student must earn a grade point average of 3.7 or higher for that semester.

Suffolk University is a private institution located in Boston's historic Beacon Hill, providing quality education at an affordable cost for students of all ages and backgrounds.

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THE KINDERGARTENERS TAKE A BREAK and enjoy freeze pops during James Clark School's Annual Fun Day.

*Our deadline is each Tuesday at 12:00 noon;
however, we appreciate any articles, press releases,
letters, etc., that can be brought in on Mondays.
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Michael Albro Named To Dean's List At Merrimack

Michael Albro of Feeding Hills, a member of the Class of 2002, was named to the spring Dean's List at Merrimack College.

To be named to the Dean's List, a student must achieve a minimum of a 3.25 grade point average, based on a 4.0 grading system.

Merrimack College is a private Catholic college located in North Andover, Massachusetts. Founded in 1947 by the Order of St. Augustine, Merrimack College prides itself on providing a high-quality undergraduate education centered around the liberal arts with strong emphasis placed on professional training and development.

Its web site address is www.merrimack.edu.

M.E. Paleologopoulos Named To Bay Path College's Dean's List

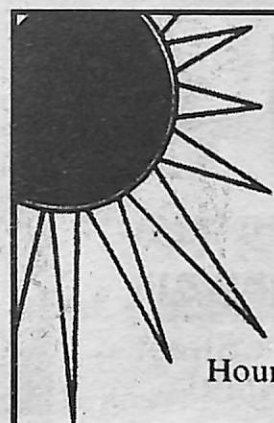
Maryann E. Paleologopoulos of River Road, Agawam, earned dean's list standing for the spring semester of the Bay Path College "One-Day-A-Week College" program.

The new accelerated degree program meets on Saturdays only, and allows adult women the opportunity to complete a bachelor's degree in just three years or an associate degree in one-and-a-half years. Women who already have an associate degree may be able to enter the "completer" program and earn a bachelor's degree in just one-and-a-half years.

The One-Day Program offers the B.S. degree in Executive Management and Information Technology, and the B.A. in Liberal Studies and Elementary Education.

Paleologopoulos is a Business/Executive Management major. She is the wife of Thomas Paleologopoulos and mother of Jimmy and Caroline.

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Local Students Named To Honor Roll At St. Mary

St. Mary High School is pleased to announce the names of those students who made Honors for the fourth marking period from the Agawam and Feeding Hills area. They are:

SENIORS: Andrea Stevenson (Second Honors).

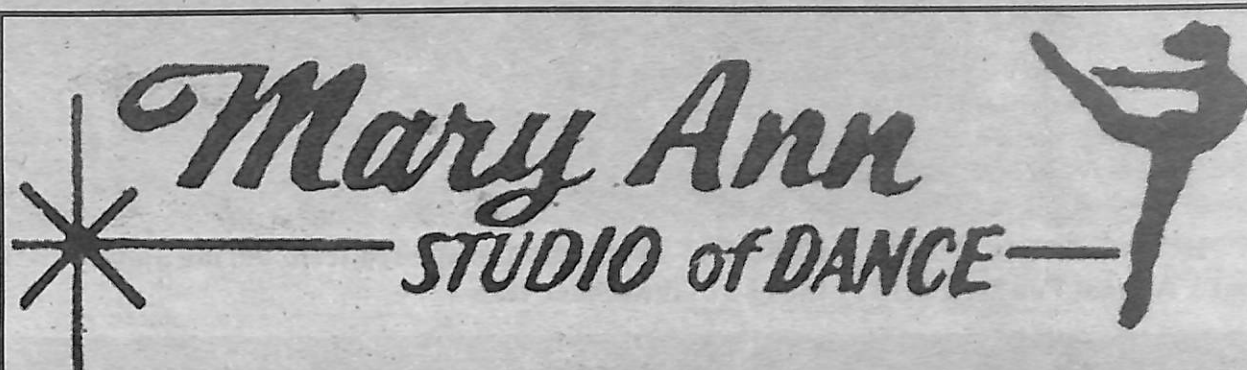
JUNIORS: Sarah Zingarelli (First Honors); Keith Sullivan, Brendon Pohner, Anne-Marie Audette

(Second Honors).

SOPHOMORES: Brianna Maroni (First Honors); Daniel O'Neill, Taryn Albano (Second Honors); Aaron Wyman (Commendation).

FRESHMEN: Elizabeth Haire, Mary Elizabeth Jamroz, Kevin Welch (First Honors); Johanna Masotti (Second Honors).

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Sports

Metro Softball Girls Are Bridesmaids Again

by Dave Rollins
Sports Editor

For the third straight year in a row, the Agawam Girls' Metro League softball team finished second in their year-ending tournament. "We go so far and get so close. It's nice to know that we are good enough to be so consistent," Coach Dan Sullivan said.

This is a team which featured some legitimate stars from this spring's Agawam High varsity and junior varsity teams - first baseman Vicky Taylor, second baseman Erin Rescigno, outfielder Jen Bishop, catcher Nicki Gutowski, infielder Kornelia Moysis, shortstop Amanda Brown and pitcher Kate Ludwig. Rescigno graduated, along with Moysis. But the horses, albeit young, were there.

"A lot of the regular starters on the softball team don't play in the Metro League," Sullivan noted. But he certainly did well with the talent he had.

"We finished up at 8-6 in the regular season. That got us the sixth seed in the 'B' Division, which consisted of 10 teams, the same number of teams as there were in the 'A' Division."

But they were up against it from the get-go, according to the coach. "We had to play game after game, while the eventual winners (Longmeadow, the third seed) had two fewer games than us."

Here's how it happened. Agawam beat seventh-seeded East Longmeadow, 5-2, in the first round of the double elimination tournament. Then, in a tour de force, they downed the top seed in the 'B' Division, Holyoke, 8-4. Next up was Easthampton, the fourth seed, which fell to the summer Brownies, 12-10.



THE MEMBERS OF THE Agawam Girls' Metro League softball team. Back row: Coach Tom Borsari, Debbie Boissonneault, Erin Rescigno, Kornelia Moysis, Coach Dave Rescigno, Aimee Beaudette, Vicky Taylor, Katie Dubay, Ashley Mutti, Chrissy Ludwig, and Coach Dan Sullivan. Front row: Danielle Borsari, Nicki Gutowski, Erin Jackson, Theresa Bonavita, Amanda Brown, Jenn Bishop, and Katie Ludwig. Advertiser News photo by Dave Rollins.

Things were looking good until they met the summer Lancers and lost 8-2. That sent Agawam into the loser's bracket. Another loss and it was over.

They rallied behind a 12-strikeout performance by Christina Ludwig (a kid who graduated and we have never heard of) to shut out Wilshire, 18-0. "We had some pitchers who needed some work in that one. But Christina just dominated," Sullivan remarked.

Then, in the championship game, it was Longmeadow again, which scored four unearned runs in the first inning and, thus, it was over for the Brownies. "We were beat and drained. We'd just

come off a big win after a frustrating loss."

The coach looked down his Metro lineup. He has no say in what happens next spring once the AHS softball Brownies hit the fields again. But he saw some talent. "Kate Ludwig is a force in the circle. Vicky Taylor is a rising star and will be a sophomore. Gutowski could have a fine career behind the plate, where perennial All-Western Mass. performer Dianna DiStefano has vacated due to graduation. Theresa Bonavita, a soon-to-be freshman, could fight for that job. The bottom line is Coach Debbie Lickley has some good ones coming up. And she has that singular ability to get the best out of them," Sullivan said.

Our coverage of local sports is just one more reason why you turn our pages.

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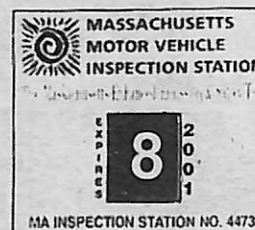
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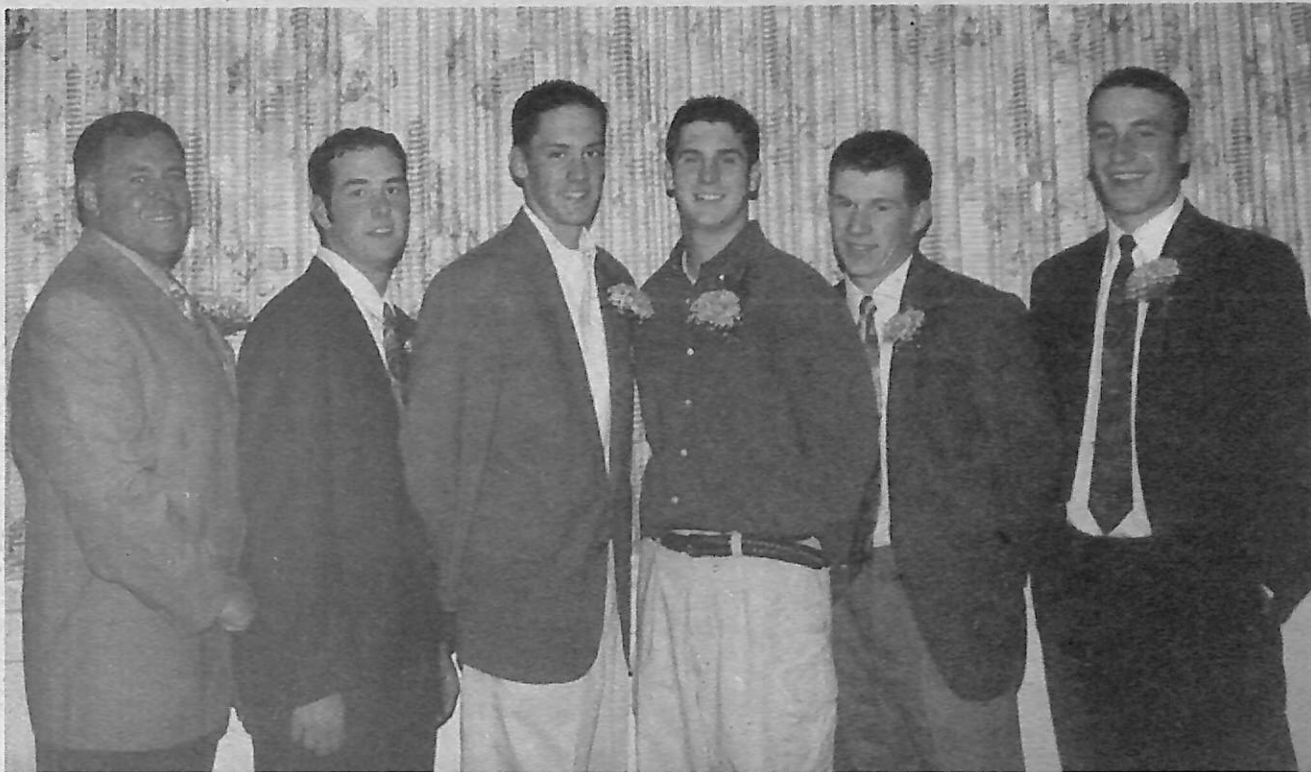
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AHS Baseball Team Attends Banquet



COACH PETER CLARK (far left) with the senior players of the spring 2000 varsity boys' baseball team at Agawam High (from left to right): Derek Mercadante, Jack Pearson, Scott Harlin, Brian Chechile, and Brian St. Jean. The baseball team held its end-of-the-season banquet earlier this summer at Alexander's Restaurant in Feeding Hills. Advertiser News photo by Kathy Shepard.



THE OFFICERS OF THE AHS Baseball Booster Club at the end-of-the-season banquet at Alexander's Restaurant in Feeding Hills (from left to right): Dean Mercadante, president; Susan Federico, co-treasurer; Linda Pearson, secretary; Susan St. Jean, co-treasurer; and Jim Donovan, vice-president. Advertiser News photo by Kathy Shepard.

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Local Swimmers Compete At CT State Championships

Johanna Kos, Jillian Kos, and Sean Bruso of Feeding Hills, members of the AquaBear Swim Team, recently participated at the Connecticut Age Group Long Course Championships, which were held at Wesleyan University July 27th-30th.

This meet was the culmination of an excellent season for all swimmers on the team. Johannah will go on to compete in several events at the Eastern Zone All Star Championships being held at the University of Buffalo, August 9th-12th.

The Eastern Zone includes teams from Maine, New England, Adirondack, Niagara, Connecticut, New Jersey, Metropolitan, Middle Atlantic, Maryland, Potomac Valley, Allegheny Mountain, and Virginia regions.

For more information regarding the AquaBear Swim Team, call 786-2432 or (860) 653-9135.

Baywest Hockey To Hold Registrations For 2000-2001 Season

Baywest (the Agawam/West Springfield) Hockey Association would like to announce that it will be holding registrations for the 2000-2001 hockey season.

Players in the Mini-Mites, Mites, Squirts, Pee Wee's, Bantams, Midgets, as well as Learn-to-Skate, are being accepted.

For further information or if you wish to register, please call Sheila Borsari (Baywest Registrar) at 736-4964 and leave a message.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter - ADVERTISER NEWS!!!

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Aqua Bears End Successful Season

The AquaBears Swim Team ended a successful season at the Summer Sizzler Trophy meet in East Hartford July 1st and July 2nd.

Many of the swimmers earned their best times, allowing them to compete in the upcoming Age Group Championship meet. The competitive swim team, also a member of the USS swimming, has its home pool at Suffield Academy, Suffield, Connecticut.

Congratulations to the trophy winners. They are as follows: age 10 and under boys - Kurt Murphy, fourth place; Andy Levine, sixth place; and Tom Casey, 10th place; age 10 and under girls - Katie Gardocki, 10 place; age 11/12 girls - Taryn Prout, first place; Johanna Kos, second place; and Ellie Montanari, fifth place; age 11/12 boys - Shaun Bruso, fifth place; age 13/14 boys - Ben Levin, second place; Mike Prout, ninth place; age 15 and over girls - Hilary Golas, fifth place.

If interested in competitive swimming or for more information, contact Jon Levin at (860) 653-9135 or e-mail, AquaBears@aol.com.



MEMBERS OF THE AquaBears SwimTeam: top row (left to right) - Tom Casey, Agawam; Michael Prout and Taryn Prout, West Springfield; and Shaun Bruso, Jillian Kos, Johannah Kos, and Hilary Golas, Agawam; bottom row (left to right) - Kurt Murphy, Margaret Casey, Sara Gardocki, Maire Casey, and Katie Gardocki, Suffield, CT; and Andy Levine, Becca Levine, Ellie Montanari, and Ben Levine, Granby, CT. Not pictured: Sheila Leary, Megan Murphy, Annie Murphy, Alexis Vallides, and Jessica Allen, Suffield, CT; and Stephanie Henao, Nicole Henao, Andrea Henao, Jennifer Carey, and Max Levine, Granby, CT.

AHS Fall Girls' Volleyball Sign-Ups Planned For Aug. 23rd

Sign-ups for the fall girls' volleyball program will be held August 23rd at 9:00 a.m. in the gymnasium at Agawam High School.

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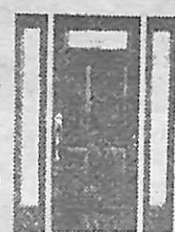
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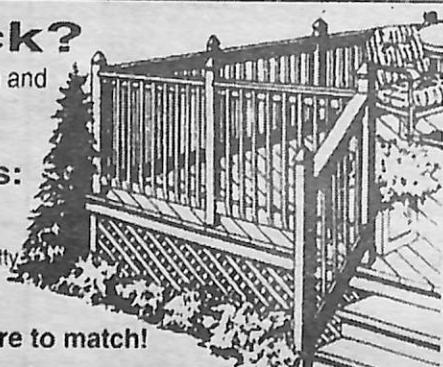
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What A Fabulous Foursome!!!



LAST MONTH, the Annual Lisa M. Ziegert Memorial Fund Golf Tournament took place at the Agawam Municipal Golf Course. Following the tournament, a family picnic took place at the Polish-American Club (which is located across the street from the golf course). Pictured above is the tournament's winning foursome (from left to right): Mike Loomer, team captain Aaron Vanderhoof, Mike Pellegrino, and Joe Modzelewski. Advertiser News photo by Kathy Shepard.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter.

Golf Tip Of The Week...

by Eric Nelson, PGA
Head Golf Professional
Oak Ridge Golf Club
Feeding Hills, MA



Chip Close...

When you face a short chip that you intend to strike much as you would a putt, do what you should also do with a putt: play the ball closer to your body. This positions your eyes over the intended line - allowing you to read breaks and rolls much more effectively - and also helps you swing the club straight back and through.

When the ball is farther from your feet, you may have a tendency to swing inside-out, or vice versa, and push or pull the chip.

Just play the ball closer to your body - position it off your right toe, keep your hands ahead, and swing firmly back and through.

Spfld. Turners To Hold Sign-Ups For Gymnastics

The Springfield Turners gymnastics program will be holding sign-ups on August 31st, September 5th, and September 6th from 5:30 to 7:00 each night.

We are a small program and offer classes and a girls' and boys' team.

The sign-ups will be held at the Turnverein on 176 Garden Street, Agawam (off of Route 57).

For more information, call the club at 786-0924 or Jessica Hansen at 786-6660.

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AHS Fall Sports Physical Exam & Tryout Schedules

In order to be eligible to try out for a fall athletic team at Agawam High School, potential student-athletes **must** submit an M.I.A.A. Physical Examination Form signed by both a doctor and parent/guardian.

Forms are available in the main office and Director of Athletics' office at Agawam High School. Potential candidates may have a physical examination done by their own doctor or done by the school's doctor. **In either case, a potential student-athlete must submit this form before he/she may try out for any team.**

Physical examinations will be given at Agawam High School, in the nurses' office, on the following dates and times:

WEDNESDAY, AUGUST 23rd: 8:30, **ALL Football**; 9:30, Varsity and JV Boys' soccer; 10:00, Boys' Cross Country; 10:15, Golf; 10:30, Varsity and JV Girls' Soccer; 11:00, Varsity and JV Field Hockey; 11:30, Girls' Volleyball.

MONDAY, AUGUST 28th: 8:30, Freshmen Boys' Soccer; 9:00, Freshmen Girls' Soccer; 9:45, Freshmen Field Hockey; 10:00, Gymnastics; 10:15, Girls' Cross Country.

WEDNESDAY, AUGUST 30th: 8:00, Make-up physical for boys; 8:30, Make-up physical for girls.

TRYOUT SCHEDULE

WEDNESDAY, AUGUST 23rd: Girls' Volleyball Sign-ups (after physicals); 1st Day Non-Contact Conditioning Football.

THURSDAY, AUGUST 24th: 2nd Day Non-Contact Conditioning Football.

FRIDAY, AUGUST 25th: 3rd Day Non-Contact Conditioning Football.

MONDAY, AUGUST 28th: All teams begin tryouts.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

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Summer 2000 Walking Group At AHS

The Agawam High School track will be open (weather-permitting) for walking and jogging on the following days:

Monday: 6:30-8:30 p.m.; **Tuesday:** 6:30-8:30 p.m.; **Wednesday:** 6:30-8:30 p.m.; **Thursday:** 6:30-8:30 p.m.; **Saturday:** 7:30-9:30 a.m.

The track will be open for walkers and joggers during the above hours throughout the summer. Strollers are permitted on the track.

No one will be allowed on the infield or in the bleachers during these times.

For more information, please call the Parks & Recreation office at 821-0514.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.



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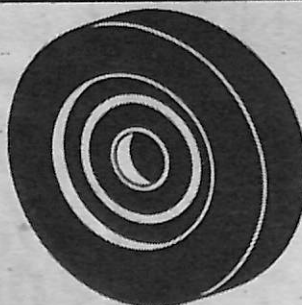
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Agawam "A's" Are Undefeated...



THE AGAWAM "A's," a team in the Sacred Heart Athletic Association's 9-10 league, went undefeated for the 2000 baseball season. The "A's" also won the championship game of the league (needless to say it was a great season). The team consisted of the following players and leaders: front row - Mike Steele, Ryan Wheeler, Vincenzo Suffritti, and Corey Roberts; middle row - Colin Hensel, Brian Moran, Steve Teixeira, Adam Gonyeau, Nick Kupiec, and Kurt Ripke (missing from photo: Garrett Asselin); back row - Mr. Steele, Mitch Kupiec, Lou Roberts, Mark Hensel, and Tom Ripke. A big thanks to the coaches who did a great job!

Melconian's Golf Open Set For Aug. 21st

State Senator Linda J. Melconian's Eighth Annual Charity Golf Tournament will take place Monday, Aug. 21st at the Crestview Country Club in Agawam, benefiting Hampden County services for battered women and their children.

Golfers are invited to sign-up a foursome to hit the links for a good cause. The event features a lunch at 11:00, a noon shotgun start, and a barbecue dinner at the course. Most importantly, all proceeds directly benefit Womanshelter/Companeras in Holyoke and two programs of the YWCA of Western Massachusetts (the Abuse and Rape Crisis Hotline (ARCH) in Springfield and New Beginnings in Westfield).

Each program provides free and confidential emergency shelter, 24-hour telephone hotlines, counseling, support groups, legal advocacy, information, and referrals.

Local businesses are invited to donate money or door prizes, or to participate as a tournament sponsor, or a hole/tee/green sponsor. In addition to the invaluable publicity sponsorship generates, every donation has a direct impact on the community, as 100 percent of the money raised goes directly to charity. Local business owners or golfers interested in participating should call Rosemary Sandlin (413) 785-0820 or Paige Thayer at (413) 732-3121, ext. 103, for more information.

Senator Melconian is an active and vocal advocate for domestic violence prevention programs in her district. As the Majority Leader and the highest ranking woman in the Massachusetts State Senate, Melconian is a tireless champion for women, children, and families across Massachusetts.

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year - ADVERTISER NEWS...

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Mass. Saltwater Sport Fishing Guides Available

The Department of Fisheries, Wildlife & Environmental Law Enforcement has announced that "Massachusetts Saltwater Fishing Guides" are now available.

"This booklet contains valuable information about recreational fishing in Massachusetts' productive marine waters. The resurgence of striped bass, weakfish, fluke, and other species has bolstered our recreational fisheries as well as the state's economy," said Department officials.

They continued, "More than 700,000 people enjoy fishing in Massachusetts' coastal waters, and recreational saltwater fishing is now worth about \$1 billion to the Commonwealth's economy. We are happy to see this trend continuing and are hopeful that the citizens of Massachusetts will be able to benefit from these guides."

For more information or to receive a free guide, please contact Peter Miller at 57 North Elm Street, Westfield, MA 01085, or by phone at (413) 562-6454.

Applications Avail. For Suf. Road Race & Fun Run

The Suffield Parks & Recreation Department and the First National Bank of Suffield will be offering the 2000 21st Annual 10K Road Race and 2.3 mile Fun Run.

This event will be held on Saturday, September 9th (rain or shine) at Suffield High School, 350 Mountain Rd. The 10K Road Race will begin at 9:00 a.m., and the 2.3 mile Fun Run will also begin at 9:00 a.m.

Prizes will be awarded to men and women in their respective age division. A \$100 gift certificate to "The Run In" of Rocky Hill will be awarded to the first male and female finishers.

Applications are available at the Suffield Parks & Recreation Department, 83 Mountain Road and The First National Bank of Suffield, 30 Bridge Street; or register the day of the race between 7:30 a.m. and 8:30 a.m. at the Suffield High School.

Long-sleeve tee-shirts will be given to the first 100 registered. Registration fee is \$12 in advance and \$15 on the day of the race. Checks should be made out to the Suffield Parks & Recreation Department.

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...
ADVERTISER NEWS!!!

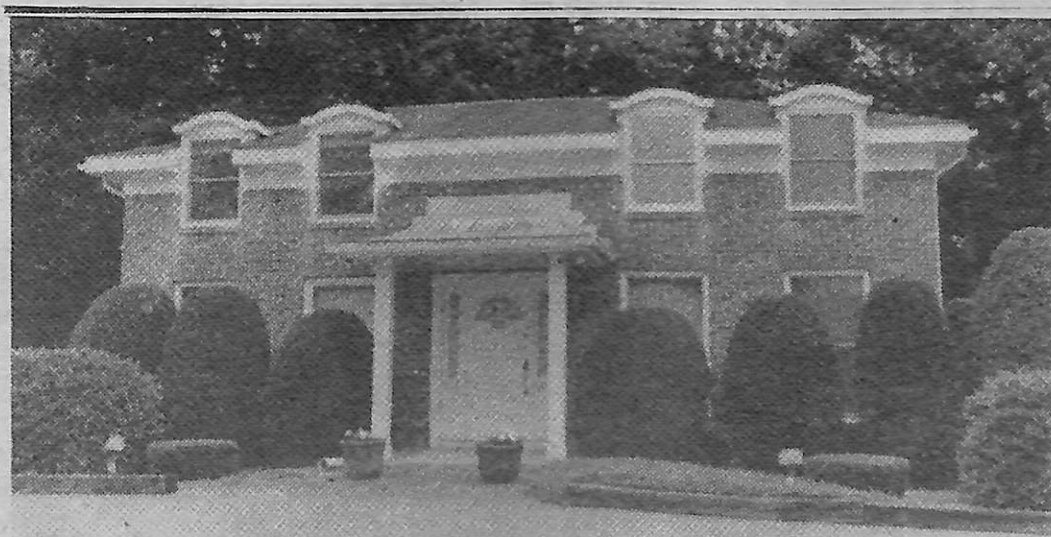
Agawam Wins Swk. Summer Sizzler



THE AGAWAM 9-10 ALL STAR TEAM recently won the Southwick Summer Sizzler Baseball Tournament by beating a tough Palmer team, 5-3, in the championship game. Superb pitching, along with a great defense, sparked the victory. Agawam went undefeated throughout the tournament, and the coaches were very pleased with the efforts of the entire team. Front row: Jeff Simpson, Alex Schwein, Joe Colitti, Drew Randall, D.J. Sapelli, Jake Kopyscinski, and Nick Grassetti. Middle row: Brett Barker, Brian Costello, Mike Tangredi, Pat McKeever, Tyler Toyfair, Josh Barcomb, and Ethan Rheault. Back row: Coaches Scott Barker, Steve McKeever, Tom Toyfair, Rusty Randall, and Tony Grassetti.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

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Drewnowski Golf Tourney Held At Oak Ridge



THE ANNUAL "HANK DREWNOWSKI SR. MEMORIAL" GOLF TOURNAMENT was held last month at Oak Ridge Golf Club in Feeding Hills. An oversold field of more than 150 players turned out for a wonderful day. Each year, the Drewnowski family awards two scholarships to graduating Agawam High School football players. This year's recipients are Jonathan Archambault and Victor Romano. The Drewnowski family would like to thank all those who participated, as well as the volunteers, who together made this a successful and special day for all. IN LEFT PHOTO: Members of the Drewnowski family gather with the Tournament Committee at Oak Ridge Golf Club for the annual "Hank Drewnowski Sr. Memorial" Golf Tournament, as scholarships are presented to Jon Archambault and Victor Romano. IN RIGHT PHOTO: During the tournament, course owner Mono Strycharz (fourth from the left) gathers with teammates (left to right) Mike Drewnowski, Andy Jet, Tony Strycharz, Nick Strycharz, Al Lee, and Gary Marcoullier.



OAK RIDGE MEMBERS who participated in the "Hank Drewnowski Sr. Memorial" Golf Tournament included (left to right) Jack Nuzzy, Roy Benjamin, George Montiel, Cory Fisher, and Paul Scheer.

* * *

IT'S COMING!!! Our annual "Back To School" edition will be published on Thursday, August 31st, featuring bus schedules, school regulations, and other valuable information for the 2000-2001 academic year - **ADVERTISER NEWS...**

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030. Thank you...



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In SHAA Action...

West All-Stars Take 7-8 Tournament

The Sacred Heart West All Stars ended a roller-coaster week of baseball on Saturday, winning the SHAA, 7-8 year-old tournament. Sacred Heart won the tournament in dramatic fashion after finishing last in preliminary qualifying and advancing in the losers' bracket of the double elimination tournament.

The team came together in their first game of the tournament on Tuesday, defeating West Springfield, 14-11 in seven innings. Robert DeCosmo led the attack with four hits and three RBIs. Kevin Mackin added four hits and four runs scored, while Steve Flemming had three hits and three runs scored. West Side rallied, loading the bases in the bottom of the seventh, but a tough fly ball to DeCosmo ended the threat.

On Wednesday, SHAA West played outstanding defense in defeating top seed Southwick All Stars by a narrow margin of 5-4. DeCosmo had three hits and two RBI to lead the team. Once again, DeCosmo ended the game with an excellent catch with runners on first and second to end the threat and the game. Tony Rescigno and Adam Brown played outstanding defense up the middle to hold the hard-hitting Southwick team in check most of the game. Alex Koulgeorge added two hits for Sacred Heart.

On Thursday, Sacred Heart dropped a tough 9-8 loss to town rival Agawam Little League. Kevin Mackin led the team with three hits and two RBI to lead Sacred Heart. James Regnier, Adam Brown, and Jake Fogg each had two hits and one run scored apiece.

On Friday, facing elimination, the Sacred Heart team came together to hammer Southwick, 12-4. Jarett Fondakowski led the attack by hammering a bases-loaded double in the third to put the game away. Fondakowski ended with two hits and four RBI. DeCosmo and Brown each added two hits apiece. Brian Piquette played an outstanding game at first, making several catches and keeping Southwick off the bases most of the game. Mike Tirozzi made a sensational diving catch in third-base foul territory to end a Southwick threat in the third.

The win against Southwick set up a rematch against Agawam Little League. Agawam was undefeated during tournament play and would have to lose two games on Saturday for Sacred Heart to win the championship. Sacred Heart wasted no time jumping on Agawam for two runs in the first, five in the second and third en route to an 18-1 defeat of the cross-town rivals. Brian Piquette led the team with four hits. Fondakowski continued his hot-hitting with three hits and three RBIs. Brown added three hits and Steve Johnson had two hits and two RBIs. Tony Recigno made three outstanding catches at shortstop to lead Sacred Heart defensively.

In the second game of the day, Sacred Heart came out flat in the first inning, having Agawam retiring their first three batters in order. Agawam came out to push a run across in the first to take a 1-0 lead. Sacred Heart came together in the second, scoring six runs to take a 6-1 lead. Jake Fogg and Mike Tirozzi had back-to-back, run-scoring singles to open the attack for Sacred Heart.

Fondakowski and Piquette had back-to-back hits in the second, followed by a Kevin Mackin single to go up 8-1 in the third. Agawam added two runs in the fourth, but that would be all. Sacred Heart traded their bats for their gloves and shut down Agawam the rest of the game. James Regnier had an outstanding day in left field, making two tough catches in the first inning.

Regnier also came through with the play of the day. Agawam rallied in the bottom of the sixth with a lead-off double. But Regnier made an outstanding catch in left and threw to second to double off the runner.



THE SACRED HEART WEST ALL-STARS finished first to take the championship in the First Annual DPL All-Star Tournament. Thanks go to SHAA West, SHAA East, West Springfield, Southwick, and Agawam for their participation in this tournament. The players all out-did themselves, as did the coaches and their parents. Congratulations to SHAA West and the Agawam Little League. See you next year! Front row: Kevin Mackin, Brian Piquette, James Regnier, Robert DeCosmo, Tony Recigno, and Jarett Fondakowski. Middle row: Adam Brown, Steve Johnson, Steve Flemming, Jake Fogg, Mike Tirozzi, and Alex Koulgeorge. Back row: Asst. Alan Brown, Asst. Steve Bonasoni, Asst. Paul Recigno, and Head Coach Brian Regnier.



THE AGAWAM LITTLE LEAGUE ALL-STARS, who finished in second place. Front row: Kevin Paulin, Andrew Bortolussi, Nick Tangredi, Connor Wytrych, Ryan Labonte, and Connor Long. Middle row: Mike Iellamo, Drew Smith, Bader Aletar, Mike Paulin, Alex Jones, Steven Costa, and Adam Howe. Back row: Asst. Jim Paulin and Asst. Jeff Howe. (Missing: Head Coach Ed Wytrych.)

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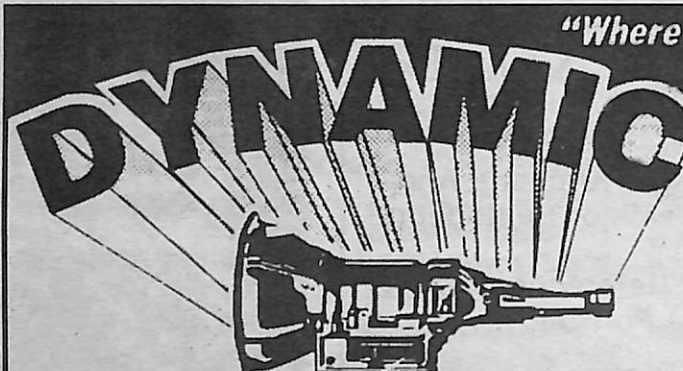
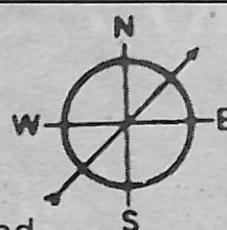
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TIM'S CARPENTRY: Specializing in interior finish work. Also kitchen & bath remodeling. Additions, decks, cedar closets. Installation of hardwood floors. Free estimates; insured. **(413) 789-2367.**

TREE STUMP GRINDING: Lowest prices, fastest service. Free estimates. Call Pine Grove Stump Grinding, **(413) 783-7236.**

PAINTING, STAINING: Exterior, interior. Your home or business. Quality work, reasonable rates. Call Joe at **786-5912.**

RENT-A-SPOUSE: Errands & Odd Jobs Are Us - Large & small repairs, yard work, clean gutters & windows, moving, trash removal, housecleaning, grocery & gift shopping/wrapping, ironing. If a traditional husband or wife does it - SO DO WE! Fully insured, gift certificates, MC/Visa accepted. **789-7911.**

SPRINGFIELD TURNVEREIN: Catering to weddings, banquets, parties, and receptions. Two rooms available with seating up to 250 people. 176 Garden Street, Feeding Hills, **786-0924.**

EXCELLENT CARPENTRY: Small jobs to custom homes. Honest work at today's prices. Free estimates; senior citizen discounts. Stephen Gould, **786-6887.**

SHADES ON WHEELS: Your complete custom window treatment specialist, all at discount prices. Free estimates and installation - satisfaction guaranteed. **(413) 786-9411.**

EXTERIOR-INTERIOR PAINTING: Old and new construction. Power washing. Mural painting. Affordable, reliable, complete prep. Good references. Free estimates. Fully insured. Call Seven Colors at **(413) 568-2195.**

STELLATO BROS. LANDSCAPING: Trimming and designs guaranteed to your satisfaction. Insured. For shrub and hedge trimming and designs, please call Jimmy Stellato, owner, **(413) 789-6382** (home) or **(413) 286-8484** (beeper).

3 J REMOVAL: Attics, basements, garages, and more. Complete removal service. Free est. Lowest rates. **783-6103.**

BOB LONGO CONSTRUCTION: 27 years specializing in kitchens and additions. Free custom design. Fully insured, free estimates. In Agawam, **789-0758.**

CHARTIER'S GENERAL CARPENTRY: We take the worry out of building. Additions; new construction; renovations; custom decks. Lic. no. 051681; fully insured. Don Chartier, owner. **(413) 789-7011.**

DAYCARE: I am a professional family daycare provider licensed (186383) by the Massachusetts Office for Children. I'm located off River Road in Agawam. For more information, call Maggie at Pooh's Corner, **786-8806.**

GARIBIAN ELECTRIC: All your electrical needs. Fully insured; free estimates; prompt service; 10% senior discount. **(413) 781-4376 or (413) 569-2925.**

T.J. BARK MULCH, INC.: All natural, double ground bark mulch, sawmill wood chips, playground wood chips. Delivery available or pick up at 994 Western Ave., Westfield, MA. Mon.-Fri., 7-3; Sat., 7-12. **(413) 568-6856 or (860) 654-1975.**

HANDY MAN: Need a handy man around the house? All types of home improvements & odd jobs. Bob Bartolucci, **(413) 736-3730.** Reg. No. 127813.

MARIO STELLATO LANDSCAPING: Lawn maintenance; spring & fall clean-up; trimming & pruning; shrub planting & removal; landscape design; sodding & seeding; mulch & stone; snowplowing & sanding. Free estimates, fully insured. Call Mario at **789-9953.**

GEORGE FARINA LANDSCAPING: Lawn mowing, tree work, flower planting, etc. Tel. **786-5658.**

CIRILLO'S LANDSCAPING: Specializing in commercial and residential lawn care. Free estimates. Call **786-7843.**

GILL HALL LAWN CARE AND MOWING: Now accepting accounts for hedge trimming, mowing, etc. Residential and commercial. Call **(413) 789-1712.**

SAUNDERS BOAT LIVERY, INC.: Serving the boating public since 1843. Congamond Lake (on Route 168), Southwick. Phone **(413) 569-9080.**

CURLEY'S LAWN SERVICE: Fully Insured, experienced. **Seasonal Mowing, Tree Pruning, Seeding & Sod, Lawn Installation, Bushes trimmed, Bobcat work, Landscape design & installation. Loam, Fill & Plants. 786-4622.**

ATLANTIC EXTERMINATING, INC.: Termites and carpenter ants specialist. Nuisance wildlife, structural repairs. Free inspections & estimates. Senior discounts. Forty years servicing this area. Don Kozaczka, local resident & entomologist. 31 Almon Ave., West Spfld., MA. **747-5688.**

HATE HOUSEWORK? NO TIME? I'LL DO IT!!! Weekly, bi-weekly, monthly. Competitive rates. References. Call Gail's Cleaning Service, **786-8314.**

THE CHAREST CO. INC.: We have all the answers for all your home improvement needs. Replacement window specialists. Over 30 years in business. License number CSO16915; reg. number 116652. **(413) 786-8666.**

TAYLOR RENTAL: Propane - all size fills. New tanks, convenient trailer & RV drive-up. Tank disposal available with any fill or purchase. Agawam, 221 Springfield St. (next to Sarat Ford). **THE SCREEN AND WINDOW MAN:** Screen and storm window repairs. On site at your home or pick up and delivery. Matt Gomes, **(413) 786-1414.**

JONES' FERRY MARINA: New ownership at historic Pirate's Cove (restaurant & pub), Holyoke. Launch; dockage; storage; boat auctions. Open 7 days. **(413) 533-1534 or (413) 533-5901.**

THE SCREEN DOCTOR: Repair & replace household/commercial window & door screens. Free pick-up & delivery. Curt Cosgrove, **(413) 789-4375; 348-0835** (cell).

DISC JOCKEY SERVICE: Providing the very best in entertainment and sound. Music Box Productions - DJ Tom Melbourne (certified professional). **(413) 789-6788.**

EVENING APPLIANCE SERVICE: Repairs on all major brands of reconditioned appliances (washers, dryers, etc.). New and used. 24-hour emergency service; locally owned. Call Steve, **736-7427.**

THE STRAIN FAMILY EQUESTRIAN CENTER: Boarding, lessons, training, sales. Ponies for parties. Ask about our summer programs. 18 Vining Hill Road, Southwick, MA (located behind Big Y/Ames Plaza). **(413) 569-5797.**

END OF HUNT FARMS LEARN TO RIDE JUMP SHOW! Personalized instruction. Age 3 to advanced levels. Dressage - Jumping - Boarding - Training. Show/Pleasure Horses/Pony Sales. Call Trudy Wissel. **(860) 668-1656 (H); 860-668-9990 (B).**

LUCIA LUMBER COMPANY. Residential & commercial building materials specialists. Decks for everybody. Free local delivery. 777 Silver Street, Agawam. Call **413-786-1636.**

READY * SET * GROW! CHILD CARE: Certified teacher and experienced child care provider has openings for all ages. Large back yard. Nutritious meals/snacks and pre-school program included. Enrollment incentives. Vouchers and grant money available. Lic. # 184792. Call Sue at **789-2530.**

LICENSED DAYCARE: Has morning openings for P.M. kindergarten children attending either Clark or Phelps School. Please call **222-3052.**

AFTER-SCHOOL DAYCARE: Robinson Park & Middle School. Experienced daycare provider. Snacks and lots of love included. Please call Chris at **786-5918** (leave message).

STAR DAYCARE: Experienced child care provider with full- and part-time openings available for all ages. Nutritious meals and snacks. Convenient location. Lic. # 195426. Call

Mary, **789-1210.**
BROZACK'S BOBCAT SERVICE: Stump grinding, retaining walls, loam/seeding, shrub removal, pool excavations, spring/fall cleanup. Owner Stephen H. Keene, Feeding Hills. **(413) 789-4876.**

FOR SALE

CLOTHESLINE POLES: T-shape, steel constructed. Senior citizen & AARP discount. Call anytime, **732-1311.**

E.Z. SCREEN REPLACEMENT: Any size door, windows, etc. For pick-up and delivery. Senior discount. Call anytime, **732-1311.**

SELLING FURNITURE: 2 living room sets, dining room set, entertainment center, & 4-piece table set. Call for viewing appt. **786-1102.**

TAG SALE

TAG SALE: 20 Barn Road, August 12th and 13th, 9:00 a.m. to 3:00 p.m. Clothes, appliances, furniture, Jenn-Air gas stove.

WANTED

HELP WANTED - DIRECT SALES. If you love candles and you are willing to work hard, you can have a debt-free Christmas. Start now. Call **786-5466.** Only the work-oriented need apply!
NOW HIRING SCHOOL BUS DRIVERS & SCHOOL BUS AIDES: Laidlaw Education Services, Suffield, CT branch. Work while your children are in school. Be home when they are. Call **860-668-4668** for information.

STYLIST & NAIL TECH. WANTED: Want to have fun, learn & do all the newest styles with paid vacation, bonuses? Our team has a position for you. **Salon Tres Chic - 786-8274.** Twin Silos complex.

HELP WANTED: Getty Mart on Suffield Street, Agawam (Southgate Plaza), seeking part-time help for afternoons and evenings. Apply in person.

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18 Vining Hill Road,
Southwick, MA

• Boarding • Lessons • Training • Sales

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Ponies for Parties

Located behind Big Y/Ames Plaza

Phipp's Discount Liquors

1360 Springfield Street Feeding Hills Center 786-8471



Prices
Effective
Through
August
31st



AUGUST WINE SPECIALS

Almaden (5 Ltr. Box) <i>High Tier</i> Merlot, Chardonnay, Cabernet \$10.99 <i>Middle Tier</i> Burgundy, White Zinfandel \$9.99 <i>Low Tier</i> Golden Chablis, Rhine, Mt. Chablis, Fresco Red, Blush, White Grenache \$7.99	Sutter Home <i>White Zinfandel</i> (1.5 Ltr.) \$6.99 <i>Cabernet, Merlot, Chardonnay</i> (1.5 Ltr.) \$8.99	Blossom Hill <i>White Zinfandel</i> (1.5 Ltr.) \$4.99 <i>Cabernet, Merlot, Chardonnay</i> (1.5 Ltr.) \$6.99	Arbor Mist (1.5 Ltr.) <i>Peach Chardonnay, Tropical Fruits Chardonnay, Exotic Fruits White Zinfandel, Blackberry Merlot, Strawberry White Zinfandel, Sangria White Zinfandel</i> \$5.99	Schmitt Sohne Liebfraumilch (750 ml.) \$3.99	Schmitt Sohne Adelbury Cabinett (750 ml.) \$5.49	
De Loach Russian River Chardonnay (750 ml.) \$12.99	<i>* Australian Sale *</i> Rosemount <i>Shiraz Cabernet, Cabernet, Merlot</i> (750 ml.) \$6.99 <i>Chardonnay</i> (750 ml.) \$7.99 <i>Shiraz, Cabernet, Merlot</i> (750 ml.) \$8.99	Seagram's Coolers (4-Pk.) \$2.99 <i>All Flavors</i>	Bacardi Breezers (4-Pk.) \$3.49 <i>All Flavors</i>	Bolla (1.5 Ltr.) <i>Merlot, Bardolino, Chardonnay, Cabernet Savignon</i> \$9.99	Alisa (1.5 Ltr.) \$7.99	Vino Casata (4 Ltr. Glass) \$6.99 <i>All Flavors</i>

AUGUST LIQUOR SPECIALS

Lord Calvert Canadian (1.75 Ltr.) \$12.99	Fleischmann Whiskey (1.75 Ltr.) \$11.99	Fris Vodka (1.75 Ltr.) \$19.99	Johnny Walker Red (1.75 Ltr.) \$30.99	Cluny Scotch (1.75 Ltr.) \$12.99	Christian Bros. Brandy (1.75 Ltr.) \$16.99	Cossack Vodka (1.75 Ltr.) \$10.49
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AUGUST BEER SPECIALS

Heineken (Loose Bottles) \$19.99	Coors & Coors Light (36 Cans) \$16.99	Keystone Light (36 Cans) \$11.99	Zima Citrus (6-Pk. Bottles) \$4.99	Harpoon (12-Pk. Bottles) \$10.99	Corona Extra (12-Pk. Bottles) \$9.99	Sam Adams (12-Pk. Bottles) \$10.99
Molson (12-Pk. Bottles) \$8.99	Pete's (12-Pk. Bottles) \$9.99	J.W. Dundee Honey Brown (Bottles) \$7.39	Pilsner Urquell (12-Pk. Bottles) \$10.99	Magic Hat #9 (9-Pk. Bottles) \$7.99	Michelob & Michelob Light (12-Pk. Bottles) \$8.99	"Doc" Otis Hard Lemonade (12-Pk. Bottles) \$8.99

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